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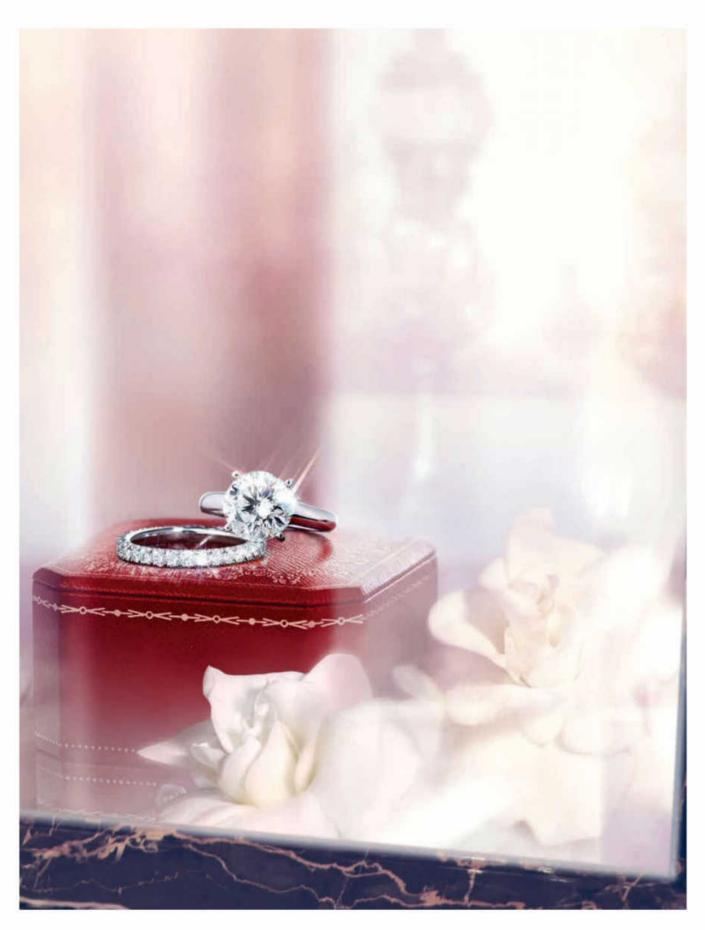








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EMPORIO ARMANI











SEPTEMBER 2015

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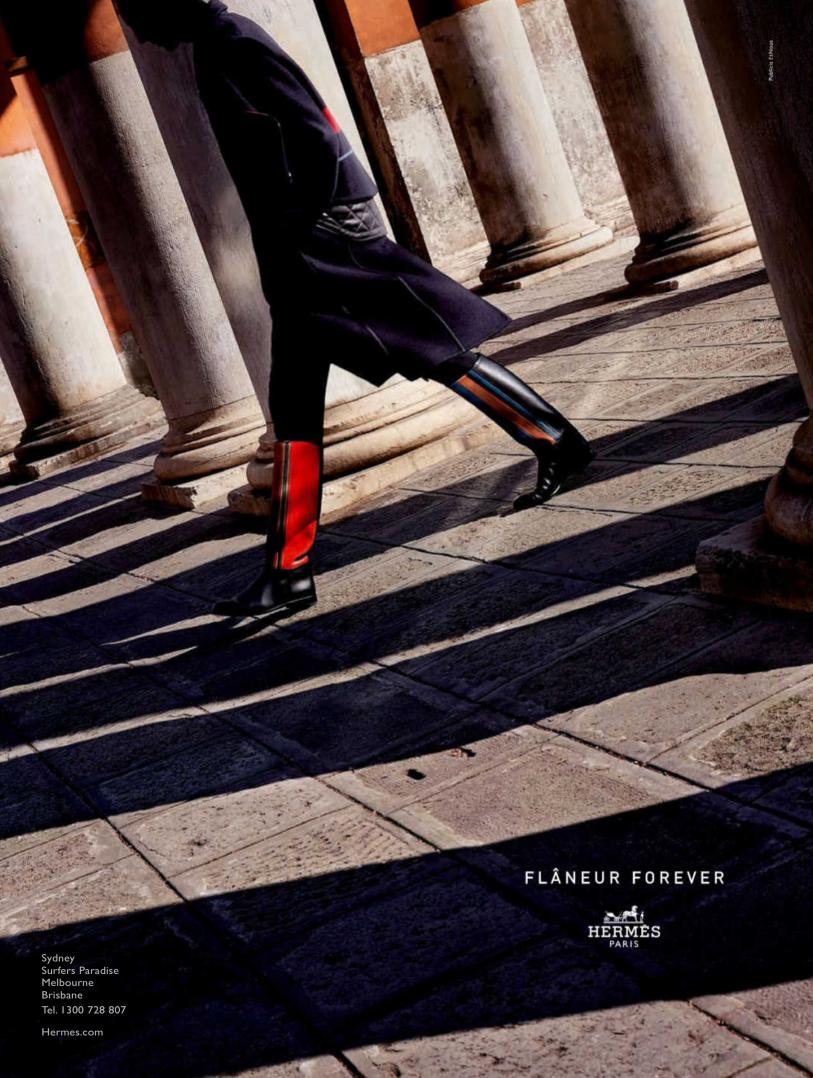
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DAISY DREAM MARC JACOBS



MARCJACOBSFRAGRANCES.COM PHOTOGRAPH BY JUERGEN TELLER

DAISY MARC JACOBS

THE FRAGRANCES FOR WOMEN

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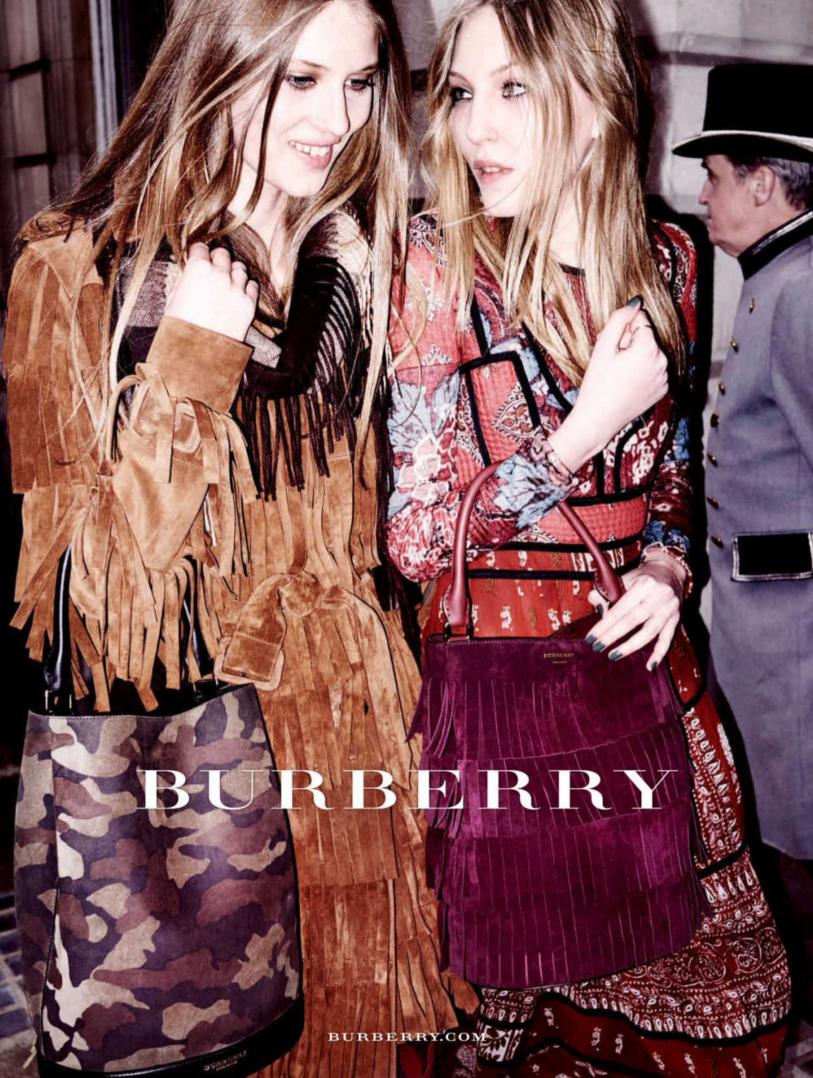
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"While there's been a lifetime of beautiful support from my girlfriends, the most amazing thing a friend has done for me is when my best friend Mel [far right] left her own children to fly to Sydney to look after mine so I could go to New York with my husband. And it was her idea! I'm still trying to work out how to return the favour – although a pic in ELLE will help!"



WHAT'S YOUR FAVOURITE

EXERCISE? Right now, I'm in love with this new class in New York called AKT inMotion. You forget you're working out for like an hour - you feel like Beyoncé.

HOW OFTEN DO YOU WORK OUT?

Every week is different because I might be travelling, but about two to three times a week. sometimes more.

WHAT DO YOU DO IN A TYPICAL **SESSION?** I start by stretching. OUR "BODY then run for 30-40 minutes. I stretch immediately after that to stay limber. Then I'll FEATURE do squats, lunges, arm and ab exercises, and stretch again.

> DO YOU TAKE SUPPLEMENTS? Just vitamins.

SHE ACHIEVES HOW DO YOU STAY MOTIVATED TO WORK OUT?

I think of the next lingerie iob I'm shooting.

ASHLEY GRAHAM.

THE STAR OF BEAUTIFUL" ON P104, TELLS US HOW

HER KILLER CURVES.

The talent behind our September issue talk unbreakable bonds, choosing the right blooms and shaking it like $Beyonc\acute{e}$



ROSES SPEAK ROMANCE AND PEONIES BRING PROSPERITY, BUT HOW DO WE SAY IT WITH NATIVES? KIERAN BIRCHALL OF SYDNEY'S MY FLOWER MAN (WHO SUPPLIED THE BEAUTIFUL FOLIAGE ON P35) EXPLAINS...



SAY: HOPE YOU FEEL **BETTER** Kangaroo paw has such a distinct look that it's perfect to send strength to help someone feel better.

SAY: CONGRATULATIONS Go for a wildflower, Many people think white wax flowers are just fillers, but they look beautiful in a large bunch. And they last a long time.

SAY: I LOVE YOU Blushing bride is beautiful and soft but still hardy. It doesn't look like a native but has the best mix of beauty and strength.

SAY: I NEED INSTAGRAM-LIKE BAIT The king protea always kicks up an Instagram storm. It's big and demands attention.

FILE'S ACTING ASSOCIATE ART DIRECTOR JUANITA FIELD, WHO DESIGNED OUR ROOM-SERVICE FEATURE ON P248, REVEALS HER MOST INDULGENT WEEKEND - HOTEL DINING INCLUDED.



"I love time away on the South Coast of NSW and my favourite thing to do is glamping at Paperbark Camp. Waking up to nature under a canvas tent, exploring the amazing local beaches and pristine environment, and eating fresh, local produce from their restaurant The Gunyah is my idea of heaven. After a relaxing weekend there, I'm revived for another week back in the city."

:OMPILED BY: CLAUDIA JUKIC. PHOTOGRAPHY: NSTAGRAM: @MYFLOWERMAN; @THEASHLEYGRAHAM



MODEL CITIZEN

PRIZE EXPORT

a @THELUMAGROTHE

Luma Grothe, the Brazilian-born beauty of German, African and Japanese descent, owns our AW15-16 collections shoot on page 144. The New York native shares her local favourites and love of lace

AGE 21 BORN Joinville, Brazil LIVES

New York KNOWN FOR

on ELLE covers

KNOWN FOR
Fronting campaigns for
L'Oréal Paris and starring

TIME OUT

RESTAURANT *Amali* in New York. Order the steak, it's the best in town.

BAR Z Roof at the *ZNYC Hotel* in Long Island City. **DRINK** Passionfruit caipirinha.

STAY Park Hyatt
Paris-Vendôme, 25hours
Hotel Bikini Berlin
and Casa Colonial
Beach ♂ Spa in the
Dominican Republic.

CULTURE WEB FAVES Reddit.

BINGE WATCH Sons Of Anarchy, Tyrant, Breaking Bad and 2 Broke Girls. LISTENING TO Dark Sky Paradise by Big Sean. My all-time favourite band is the Red Hot Chili Peppers.

FAVOURITE MOVIE

Ex Machina.

RECENT READ The Woman I Wanted To Be: Diane von Furstenberg.



POLISH

MVP BEAUTY PRODUCTS

L'Oréal Paris' Infallible Liquid Foundation and Colour Riche Lip Colour in Matte Erotique. SCENT Olympea by Paco Rabanne.

SPA TREATMENT

Oasis Day Spa in New York. Get the deep tissue body massage.

WARDROBE

DENIM Boyfriend jeans from 7 For All Mankind.

LINGERIE Anything lacy and transparent from *La Perla* or *Agent Provocateur.*

SUNGLASSES Ray-Bans. **GO-TO LABELS** AllSaints,

Club Monaco and For Love & Lemons.

DATE-NIGHT OUTFIT

A romantic lace dress by For Love & Lemons.

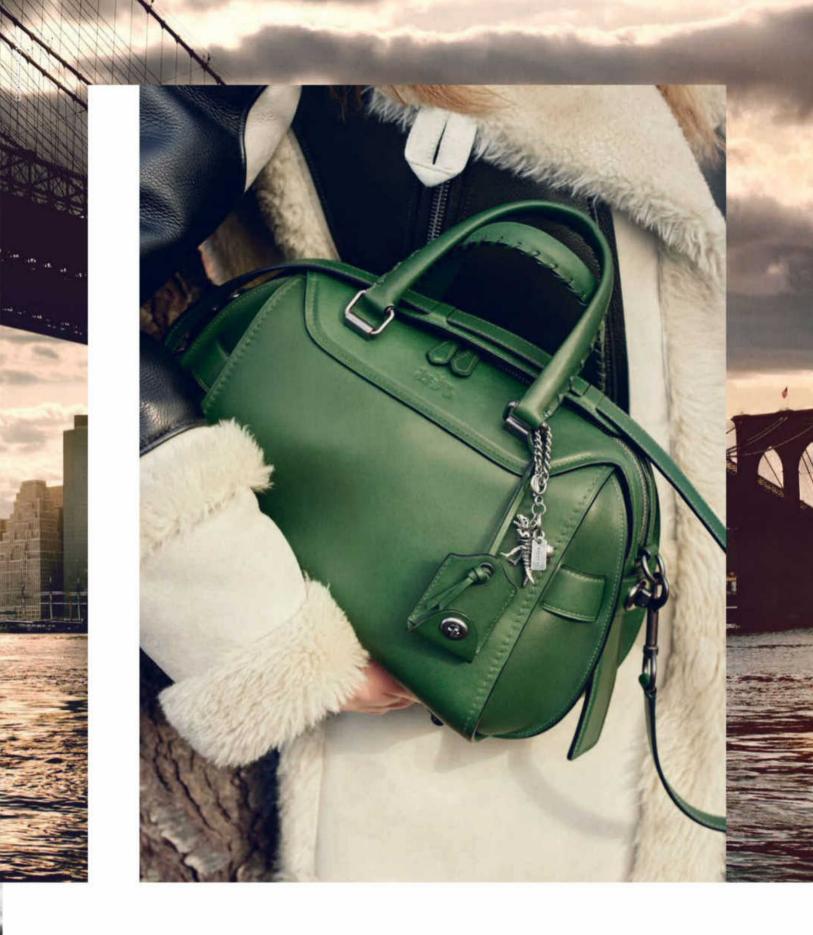
LUGGAGE Victorinox.



28 **CONTRIBUTORS**







SPRING 2015 Biker Sheepskin Coat on Lexi Ace in racing green coach.com





ON-SET STYLE

From top: standing next to our gorgeous cover girl (never a good idea) during a taping of the Australia's Next Top Model finale: the Burberry dress sparkling in the sunlight on our shoot



Apply your loudest-possible pout for Bright Pink Lipstick Day on September 25, run by Pink Hope. The charity helps empower women to investigate their family history of breast and ovarian cancer and take control of their health.

> Visit pinkhope.org.au to make a donation or get involved.



TALK TO ME

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or much of Australia, this has been one of the coldest winters we can remember. I spent four years of my life living in London (where I could go from Monday to Friday travelling to and from work without seeing daylight once), and visit New York for a week each February (where every year the news warns me beforehand that I'm arriving into Snowmageddon 2010 or the Super Blizzard 2013 and temperatures are regularly minus 20 before you factor in the wind chill). Still, the coldest moments I can remember happen closer to home, where it may not drop below 10 degrees very often, but our houses and wardrobes are seemingly not prepared for anything below 22. So this Antarctic Vortex stuff? Scoff all you want, northern hemisphere friends, but the struggle has been real.

Coming off the back of Mild Antarctic Chill 2015, this issue has been a joy to put together. Sure, the season we're introducing might be officially labelled autumn/winter, but to us it represents colour, freshness and the glorious anticipation of the coat-free days to come. It's a shedding of the old and a welcoming – with wide, open, bare arms - of the new. Let this issue help you dive deep into the season, from our shopping guide for your new style personality, to our rundown of the backstage makeup ideas you need to update your look in seconds. If it's all too much, turn to the back page for your simplest cheat sheet to the season yet.

It's nearly time for the ELLE Style Awards again and this year you have the chance to be our official Instagrammer on the night, in association with Topshop, Brown Brothers and Max Factor. Turn to page 101 if you want to party with the who's-who of Australian fashion.

Of course, I couldn't think of anyone better to help us say goodbye to winter than Jennifer Hawkins, a woman who is like a walking personification of Australian sunshine. While we're used to seeing her look fiercely glamorous and sexy, fashion director Rachel Wayman wanted to bring out a softer side of Jen, in keeping with the romantic looks of the season. I love that she trusted us to show her off in a way that hasn't been seen before, and I wish you could have all been there as the light beamed off that Burberry dress (the dress of the season, IMO) in a million directions around the room, like Christopher Bailey and Tinker Bell were joining forces to promise us all a magical spring to come.

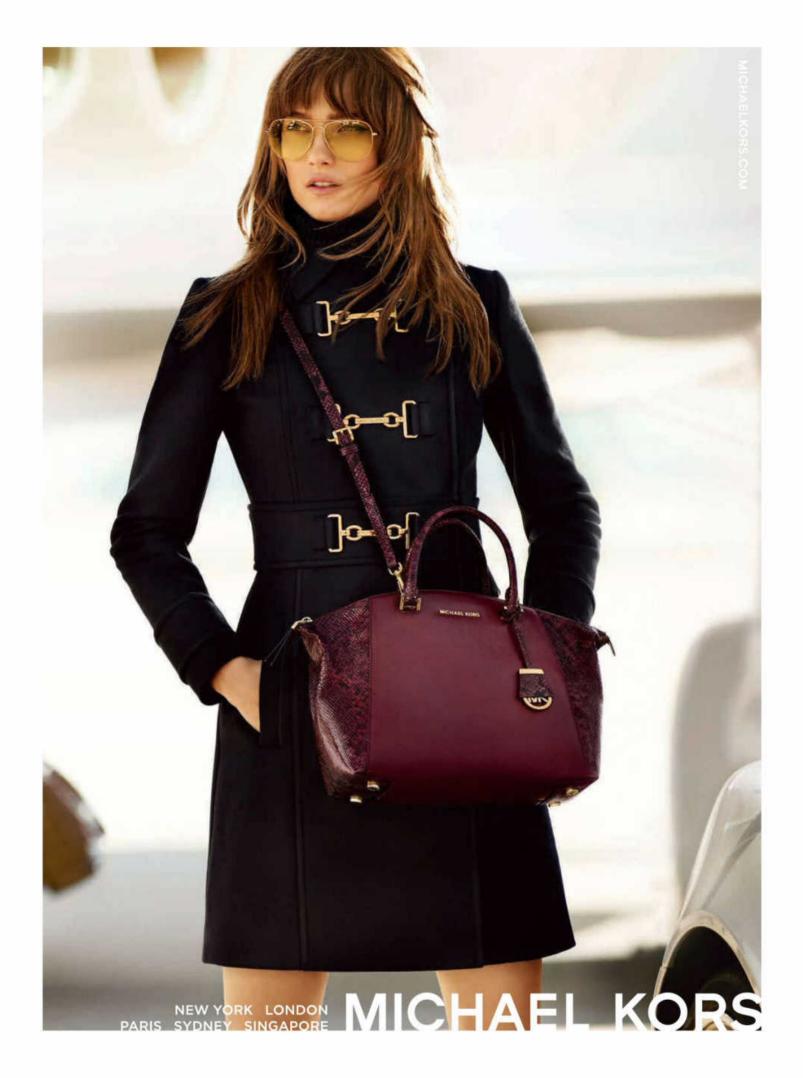
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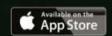


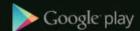


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EFIRST LOOK







Virginal whites and girlie ruffles

COME OF AGE WITH HINTS OF gold jewellery.







Dress, \$380, **Matin**, matinstudio.com; necklace, \$154, **Petite Grand**, petitegrand.com (worn throughout); bracelet, \$228, twine ring, \$192, both **Alex Monroe**, (03) 5962 5535; diamanté ring, \$349, **Pandora**, pandora.net; bag, \$450, **Plus Equals**, bassike.com

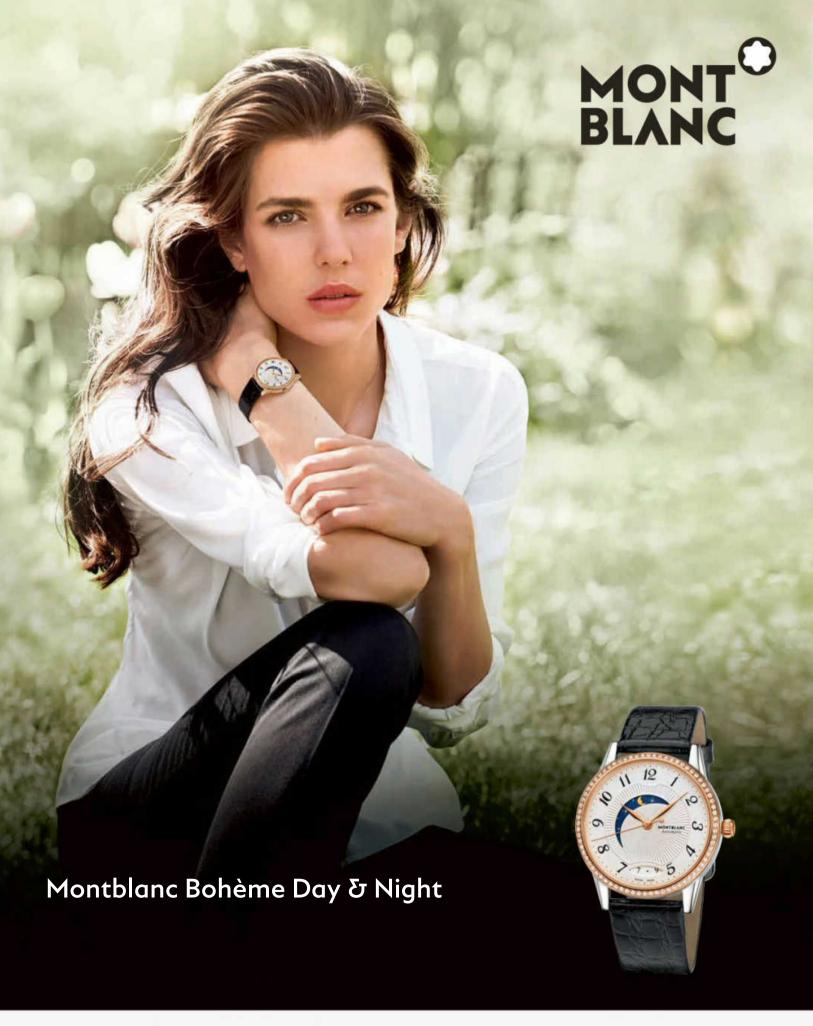


SYDNEY - WESTFIELD SYDNEY, QVB, THE STAR; MELBOURNE - CROWN, CHADSTONE; BRISBANE - QUEENS PLAZA; SELECTED DAVID JONES STORES Salvatore Fevragamo















PRETTY BABY

Meet the darling of AW15-16's flowerchild family: the '60s-inspired babydoll dress.





FURLA

SYDNEY: Shop 3019/A Level 3, Westfield Sydney, 188 Pitt St SYDNEY: Shop 3076, Westfield Bondi Junction, 500 Oxford St, Bondi Junction SYDNEY: Shop G050A, Chatswood Chase, 345 Victoria Avenue MELBOURNE: Shop G-013, Emporium Melbourne, 269-321 Lonsdale St

FURLA.COM

TENENBAUM

For AW15-16, designers stepped into the world of *Wes Anderson's quirky comedy*. Pick a character and raid their wardrobe – the gang's all here



MARGOT **TENENBAUM** AT GUCCI

Alessandro Michele's new Gucci airl is prim and improper (the kind who wears sheer chemises with bulky broques). So it's only fitting the misbehaving Margot plays muse. ADD: Bobby pins and blank stares.



RICHIE **TENENBAUM** AT BALLY

Richie, the lovesick tennis prodigy, serves as the inspiration for Pablo Coppola's AW15-16 offering complete with striped headband. ADD: A '70s-style



nolo shirt.

CHAS TENENBAUM AT LACOSTE

The collection melded the brand's own tennis heritage with an abundance of Tenenbaum references - none more apparent than the red tracksuit of troubled Chas. ADD: Clean sneakers (and a case of paranoia).



OTHER WAYS TO

WES-IFY YOUR LOOK ...



WATCH: The Grand Budapest Hotel.

WEAR: A sepiasoaked colour palette.



WATCH: Moonrise Kingdom. **WEAR:** Peter Pan

collars and clear spectacles.

WATCH: The Darjeeling Limited.

CARRY: A box-shaped bag (minus the palm trees).





Jordan Askill's new Take Me Home collection is fresh-picked genius, inspired by the endangered viola canadensis flower sprouting on delicate gold rings – as well as the protected Florida panther, which manifests in earrings and necklaces. Sydney-born Askill uses rock crystal, green amethyst and black diamonds to create pieces that pay tribute to the beauty of nature while highlighting its fragility.



From top: silver leaf ring, \$450, gold leaf ring, \$520, gold viola ring, \$520, green amethyst ring, \$7,830, rock crystal earrings, \$10,160 for pair, all Jordan Askill, thecornershopstore.com

surf's up

Emma Mulholland's psychedelic pop aesthetic is known for making waves, so it's no wonder the designer was drafted for a collaboration with a label that shares her bold style, old-school surf favourite Mambo. ELLE chats to Mulholland about the newly released collection

MAMBO IS AN AUSTRALIAN INSTITUTION. WHAT DID YOU LOVE ABOUT IT AS A CHILD? I loved the colours, prints and easy-to-wear shapes and fabrics. As I started to rediscover the label at an older age, I realised the people who made these prints - Reg Mombassa, Bruce Goold and Paul Worstead - were some of my favourite artists and print makers. HOW DID YOU STAY TRUE TO THE

MAMBO DNA WHILE DESIGNING?

I wanted to keep with the Mambo aesthetic without copying and pasting. I loved the old lino printing they used to do, so this was incorporated into one of the prints.

There are also a lot of animal puns in the prints, like the angel fish. Overall, I think our aesthetic has fused nicely; it still has a sense of nostalgia but with a fresh, modern take.

ANY HICCUPS ALONG THE WAY?

I work out of Bali a few months of the year and got stuck there because of the volcano eruption and missed the photoshoot. The team were amazing and I was on Skype all day, which was pretty funny. When I hung up, it said the call had been seven hours long! I was sad I wasn't there but was still excited to see it all come together. \Box



X Mambo, myer.com.au







Marc Cain Sports



INTRODUCING THE FINDERS



@oraclefoxblog

on

NEW ROMANTICS AND MONOCHROME

Amanda Shadforth is the powerhouse behind fashion and style journal Oracle Fox. The contemporary artist, photographer and stylist is highly regarded for her illustration and style acumen, which has led to collaborations with some of the world's iconic fashion houses.



@chroniclesofher_

on

JET SET

Carmen Hamilton is the curator of The Chronicles of Her, a premium online fashion destination dedicated to a 'less is more' approach to style. She's worked with a number of international luxury brands and is a regular contributor to Vogue Australia's Spy Style.



@zanitazanita

on

IN FULL BLOOM

Model Zanita Whittington brings her fashion credentials in front of the lens to the forefront in her self-titled blog. Her keen eye behind the camera and fashion editorial skills have seen her contribute content to Vogue.com.









In Full Bloom

@ZANITAZANITA

This look is about bold colours and vivid contrasts. Maximalist floral and graphic prints are complemented with relaxed utility styles and 70's silhouettes. These themes make for ultimate weekend wear — great for a statement, yet easy to pull off, especially with simple accessories.





1. HI THERE FROM KAREN WALKER Floral jumpsuit \$199 2. TALULAH Low light jumpsuit \$219 Available mid-August
3. KAREN WALKER Universe dress \$550 Available mid-August
4. SPORTSCRAFT Pant \$149.99
5. KAREN MILLEN Jumpsuit \$545
6. LEONA BY LEONA EDMISTON Shirtmaker dress \$149 WAYNE BY WAYNE COOPER Nadia bucket bag \$119 Available early August
MISS SHOP Indya pump \$69.95 7. COOPER ST Gia dress \$149.95 KENZO Bowling bag \$670 Available mid-August

A failure by supplier to deliver in accordance with sample, description or at all, or other unintentional causes, may result in some lines being unavailable. Display accessories shown in photographs throughout this MYER feature are not included in the price. MYS4898/MYER0509





Award – a prize previously won by the likes of Romance Was Born and Christopher Esber. The brand gained further attention when it showed at Indonesia Fashion Week and, to cap it all off, it's been offered a spot on the schedule at this month's London Fashion Week.

It hasn't been an overnight success for hardworking founders Kate Reynolds and Amanda Cumming. After completing design degrees at Melbourne's RMIT, the pair earned their chops working in some of the UK's best ateliers (such as Christopher Kane), making their trip to London a homecoming of sorts - it will be the first time the designers have returned since their brand's 2010 inception.

Despite being designed and produced in Australia, the clothes London, there's a lot of collaboration between those areas. We see that as a strength for our label."

Case in point: last year, Pageant collaborated with cool Melbourne band HTRK, producing pseudo club-goer merchandise in peach and black. They're now teaming up with Grimes-esque up-and-coming singer Banoffee on a high-summer collection set to be released in December.

Taking inspiration from the naked female form on holiday, the SS15-16 collection, entitled "Splash", features shoulder-flaunting necklines, colour blocking, prints and slinky separates with a metallic sheen. They combine to create a look that wouldn't be out of place in London's East End.

Stylist (and now close friend) of the label, Megha Kapoor, says it's

this cool factor that drew her to the brand in its early days. "[I loved] the wearability and the originality," she says. "The girls have a way of doing pieces that are super-street, that tip into either masculinity or femininity in a super-cool, relevant way. I wanted to be the Pageant girl immediately."

The world's press agrees. Influential blogger Susie Bubble gushed over the label's AW15 collection.

Thanks to enthusiastic overseas shoppers (New York boutique Broad Meadows is a stockist), the design duo have started work on their first trans-seasonal collection for the northern hemisphere "We're expanding our swimwear, denim and basic offerings," explains Reynolds.

First swimwear, then the world. \Box

A WINDOW TO THE WORLD.
THE SANTORINI FLOWER COLLECTION FOLLIFOLLIE COM JOIN US. 6 8 0 6 6 Folli Follie





we are MOST AMUSED

Fresh takes on the Victorian era put a new spin on *old-fashioned*

n a play of decadence and done-up details, the gothic romance of 19th-century aristocracy returned at the autumn/winter shows, inspiring a procession of stiff, high collars, moody lace and dark drama fit for the royal court.

The most lovingly literal interpretation was Alexander McQueen's melancholic collection, staged in Paris' Conciergerie – the vaulted chambers where Marie Antoinette was imprisoned before her execution. Tiered lace, leather bras that extended into chokers and ruffled necks helped bring Sarah Burton's vision of a dying rose to life.

This darkly romantic mood bled through to Altuzarra, where kinky knee-high corset boots balanced virginal whites and modest necklines, and Givenchy, whose mourning-appropriate black velvet dévoré and brutal face jewellery were a highlight for Holly Russell, senior buyer at Net-A-Porter. "Everything from the black lace to the corsets and tails was incredible – such exquisite craftsmanship is rarely seen in the industry these days." Her favourite collection, however, was Simone Rocha. "Her elegant black lace detailing felt completely feminine yet dark and gothic."

The Victorian strictness means you may feel somewhat intimidated in the presence of such a commanding trend. But worry not, dear ladies-in-waiting, this is a surprisingly simple style to introduce into your wardrobe. "Invest in one key statement piece and pair it with everyday classics," suggests Russell. "Chloé's black ruffled blouse with simple cropped pants from The Row will take you from desk to dinner."

All curtsey – there is a new lady of the manor. \Box

FROM HER MAJESTY'S VAULT

Jewel-encrusted, gilded and dripping with pearls – this season's accessories are palace-ready











CROWN JEWELS

Thomas Sabo's new Love Bridge bracelets are fit for a queen.
Bracelet (left), \$499, bracelet, \$259,
both **Thomas Sabo**, thomassabo.com



SYDNEY MIRANDA EMPORIUM CHAPEL ST HIGHPOINT BRISBANE PERTH

TOPSHOP

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GO TUCK YOURSELF Bad hair day? Tuck it in your skivvy – the season's simplest go-to styling trick.





READ YOUR STAR SIGNS TAKE YOUR FASHION STORY FURTHER WITH ASTROLOGICAL EMBELLISHMENTS.







Previously the carrier of choice for neurotic travellers, the new belt bag is for the practical

fashionista who likes to keep the things she loves close. ⇒









FROM CRYSTAL TO CROCHET, THE BEST BLOSSOMS SPRUNG FROM THE THROAT.

KNOW YOUR HOT SPOTS

Familiarise yourself with the season's most seductive erogenous zones.



obliques



ankles



DOUBLE TAP: THE OUTSTANDING INSIDER INSTAGRAMS

< KARL LAGERFELD AND RIHANNA AT FENDI @FENDI

> KANYE PHOTOBOMBING LORDE OUTSIDE DIOR @SONJAYELICH



< OWEN WILSON AND BEN STILLER AT VALENTINO @CHUNGALEXA



< KIM K AND JARED LETO'S MATCHING PEROXIDE LOCKS AT BALMAIN'S AFTERPARTY @KIMKARDASHIAN

< VICTORIA BECKHAM'S LOVE NOTE FROM HER KIDS @VICTORIABECKHAM

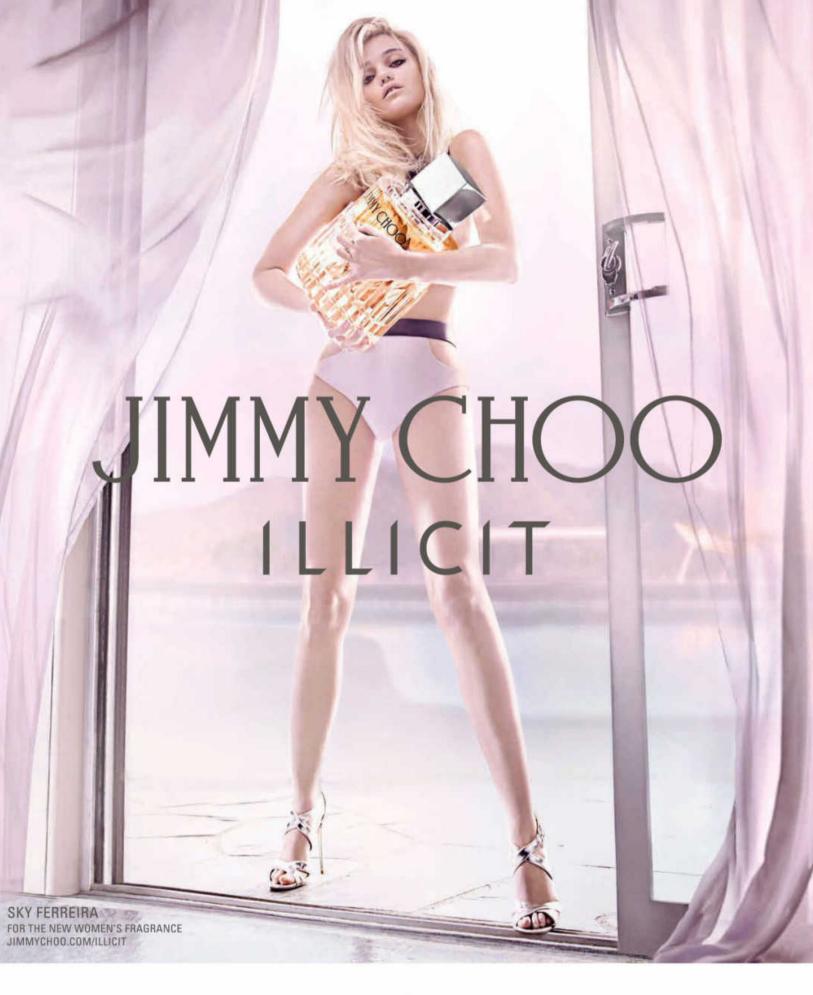




AND EXPERIMENT WITH A RICH PALETTE OF OLIVE, SAFFRON, PLUM AND BORDEAUX.

















far – a sheer blouse over a demure bra will suffice).





MATCHY-MATCHY
PERFECT PAIRED DRESSING WITH A SYNCED-IN BAG AND COAT.



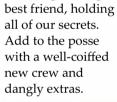
Whether channel Keith Rings Daisy Da

GO FOR THE **JUGULAR** Whether you're channelling Keith Richards or Daisy Duke, the neck is a focus this season, with the thin, bohemian silk tie, the cowboy bandana, the French kerchief and the city-chic choker. Which will you do? 🗖





YOURSELF
THE SEASON'S
TACTILE VELVET
FIXATION HAS
US FEELING
GOOD.

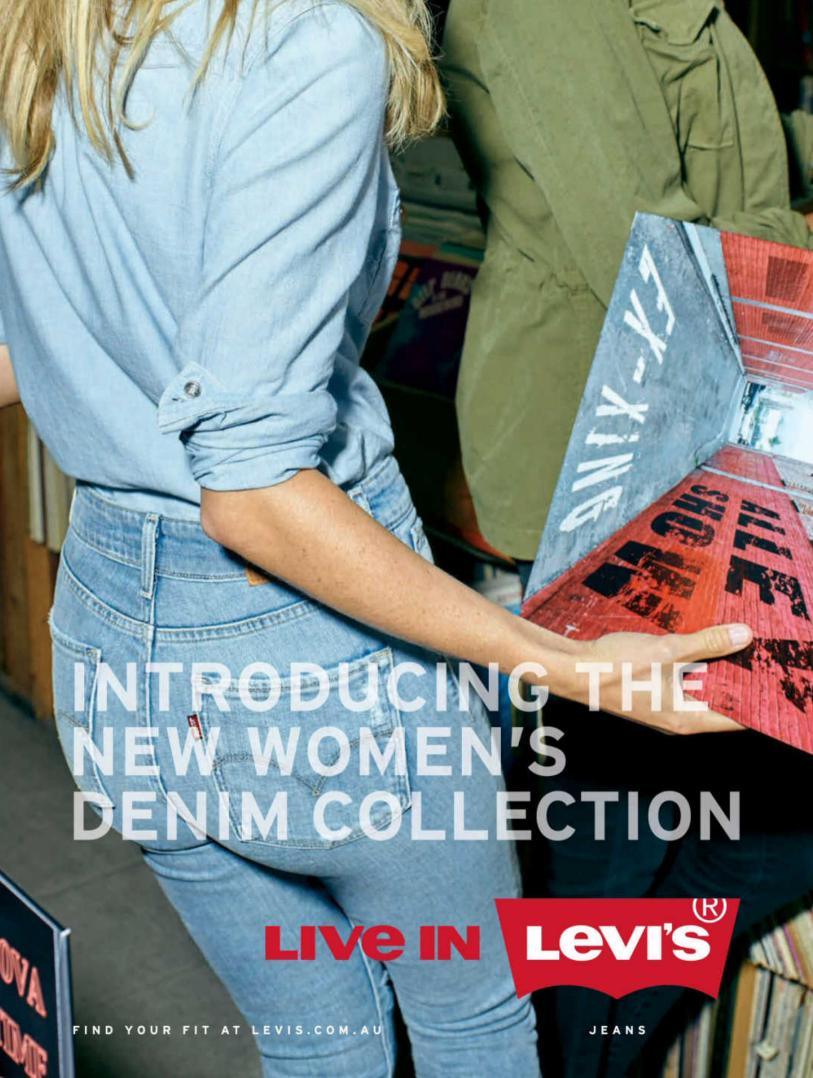


Handbags are a girl's

MAKE NEW BESTIES



DIVYA BALA. PHOTOGRAPHY: JASON LLOYD-EVANS; IMA





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Introducing new 7 Day Volume. This in shower, semi-permanent treatment by John Frieda, rebuilds fine hair with thickness and strength, giving hair new life that lasts through multiple washes.

Me & John & 7 Day Luxurious Volume. Together we can.















AJE ADAM UPPES





Dress, \$305, **Self-Portrait**, net-a-porter.com



Light Is The New Black by Rebecca Campbell (\$18.95, Penguin Books)

Heels, \$1,074, Aquazzura, fwrd.com

FASHION FILE

WORLD CLASS

As senior buyer of international and Australian designer fashion brands for Myer, Teneille Ferguson has mastered jetset style. *She spills her chicest secrets*

PRE-FLIGHT PLANNING I lay outfits on my bedroom floor to plan which pieces – and accessories – to take. STYLE FORMULA Every season, your wardrobe update should contain 80 per cent basics and the rest trend pieces. Classics should anchor your wardrobe for seasons. FAVOURITE LABELS Aje, Adam Lippes, Mugler and Maticevski. MY LOOK A beautiful skirt. My current favourites are from By Johnny, White Suede and Little Joe Woman, paired with a simple knit or tee from Skin And Threads or Morrison. I also love a bold lip so M.A.C's Russian Red shade is a staple. FIRST FASHION HEARTBREAK I bought nude Prada platform stack heels at Liberty on my first buying trip to London. I wore them to a party in Berlin in the rain and destroyed them on their first outing. AW15-16 WISH LIST A Self-Portrait dress, an MSGM one-shouldered jumpsuit, a logo tee from No21, White Suede flares and a beautiful silk peasant blouse from Christopher Kane or Marco de Vincenzo. INTERIORS I'm desperate for a Mark Tuckey dining table. I love his raw, minimal aesthetic. I also love the Karen Walker Home range – the champagne saucers are so chic. BEAUTY MUST-HAVE Yves Saint Laurent's Touch Éclat. It's the best for helping you look semi-presentable after a long flight. WORLD'S BEST BURGER Patty & Bun on James Street in London. I always order the Smokey Robinson. CURRENTLY READING Light Is The New Black by Rebecca Campbell. It's a guidebook for a new breed of women – the new bright lights in the world. THE SECRET TO A GOOD PARTY An interesting guest list and plenty of champagne. STYLE HEROES Giovanna Battaglia and Candela Novembre. BIGGEST WEAKNESS Shoes! I just moet-hennessypurchased the most glamorous pair of Aquazzura heels collection.com.au

- they are so comfortable. DOWNTIME I love to take

a Sunday afternoon swim and sauna at St Kilda Sea Baths.



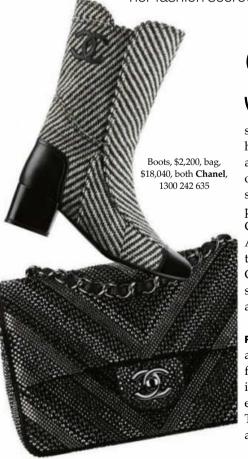






She's the frontwoman with a growing

catalogue of style hits. ELLE chats to The Preatures' Isabella Manfredi to discover her fashion secrets – on stage and off



tanding out at a runway show is a near-impossible task, but The Preatures' lead singer Isabella Manfredi manages to pull it off. Even among seasoned supermodels and celebrities, her killer combination of femininity and a tough-luxe edge turns the heads of industry insiders. Case in point: her striking looks and clever tomboy styling put a cool-girl twist on the ladylike Chanel dress she wore to the house's AW15-16 Paris show at the Grand Palais, transformed for a day into "Brasserie Gabrielle". We got the intel on her fashion sensibility (and indulged our girl crush) by asking Manfredi to reveal her style rules.

PUT ON A GOOD SHOW The best thing about any good show is that it makes you feel a part of something bigger. Whether it's music or fashion, you want to feel elevated and you want to feel inspired. That's what religion used to do: get a group of people together, make

SHOW STOPPER Manfredi, in a dress from Chanel's SS15 collection, heads to the French house's autumn/winter show

> them feel a part of something and feel connected to each other. Shows are a form of congregation, I think. FIND HARMONY IN CONTRAST My style is more tomboyish than Chanel is historically, but I suppose Coco was really masculine in the way she dressed, being one of the first women to champion trousers. I've always liked simplicity and a beautiful cut. Once I wore a pink Yeojin Bae dress which was quite feminine, but I dressed it tough with this ornate, almost medieval jewellery by Love And Hatred and [wore it] with messy hair - the contrast was almost rebellious and I liked that.

MASTER THE ART OF OFF-DUTY $I^\prime m$ a romantic. I love beautiful prints



'70s. I wear a lot of flares and velvet, a lot of that boho/rock'n'roll look that Alison Mosshart and Florence Welch do so well. I love beautiful fabrics and textures.

KNOW YOURSELF I know what I want. I don't work with stylists unless it's to have more options. I think you get to a stage where you have to trust your instincts - and you have to be willing to make mistakes. All you can go off is what you feel - what feels right, what feels good.

DRESS FOR THE OCCASION I have a uniform on stage. It doesn't speak for me; it's just a canvas that allows me to be as strong as I can be while performing. I never want to feel like the outfit is owning me. At the moment, Chrissy Amphlett's school outfit is inspiring me. It's fun and rebellious.

I can move in it and that's important

because I move a lot on stage. I need something I can roll around in and pour water all over myself and be the character I am on stage.

KEEP FASHION FUNCTIONAL I wore a lot of denim when we first toured because it's really practical. I tried to bring more clothes with me on this tour and it's impossible. You can't iron anything; you can only do your laundry once every three weeks - if you're lucky. And you'll leave your beautiful jacket in a hotel room somewhere, which I've done before. I don't want fashion to weigh me down, I don't want it to be a burden. I just want to be able to get on with what I need to do. TAKE RISKS I'd love to wear things that make me feel beautiful while on tour but I almost need an entourage! David Bowie, the New York Dolls,

even Iggy Pop, they all had people

helping them with costumes. I just

follow the character to where she

wants to go and that's taken me

to where I am now with Chrissy

Young's look. It makes me feel I'm part of a legacy. There has to be a thread there, an honouring of who has come before without overly recreating it. IT TAKES WORK TO DO EASY-CHIC It's hard to make something seem effortless. It only happens when you have those shows that transcend. And that's what you're looking for as a performer, just to be in that moment,

that beautiful outfit and carry it off. \Box



Top, \$1,150, Ellery,

elleryland.com

Hat, \$310, Clvde, mychameleon.com.au

> Pants, \$1,562, Joseph, net-a-porter.com

ROCK AND ROLE MODELS

SAMPLE ISABELLA MANFREDI'S PLAYLIST OF SINGING STYLE INSPIRATIONS



PATTI SMITH



ALISON MOSSHART



PJ HARVEY



CHRISSY **AMPHLETT**



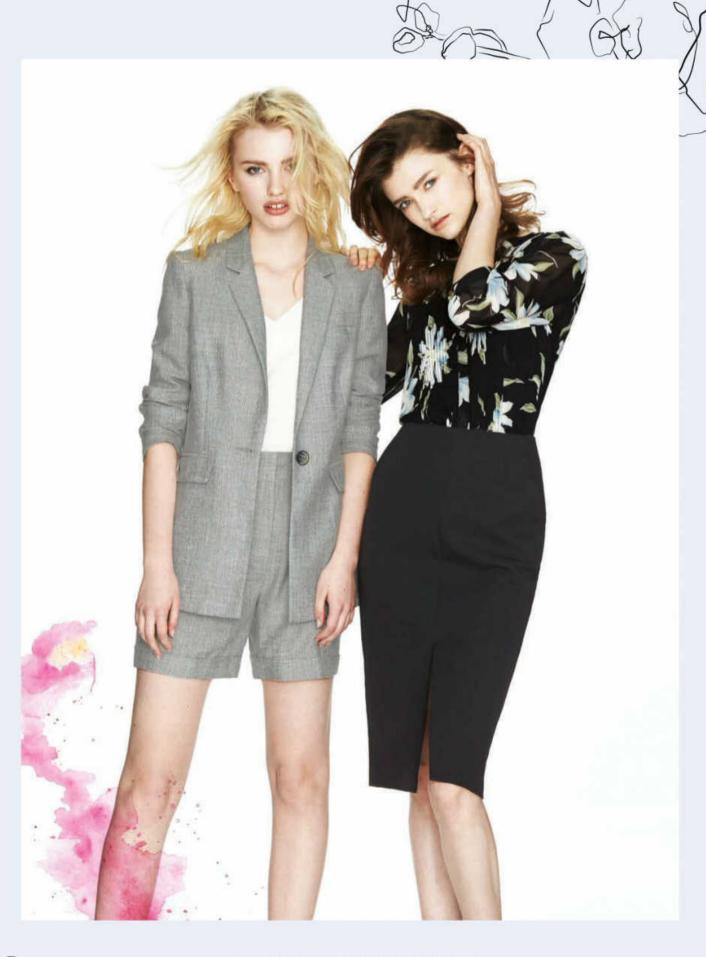
FL ORFNCE WELCH



MAX FACTOR X



THE MAKE-UP OF MAKE-UP ARTISTS







"I'm still dreaming about this Chloé pre-fall collection. With statement pieces like this, it's best to keep accessories to a minimum – just simple aviators and fine rings."



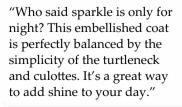
"You can't go wrong with monochrome – or Céline. Love the way she's styled her dress with a turtleneck and shirt."

⇒

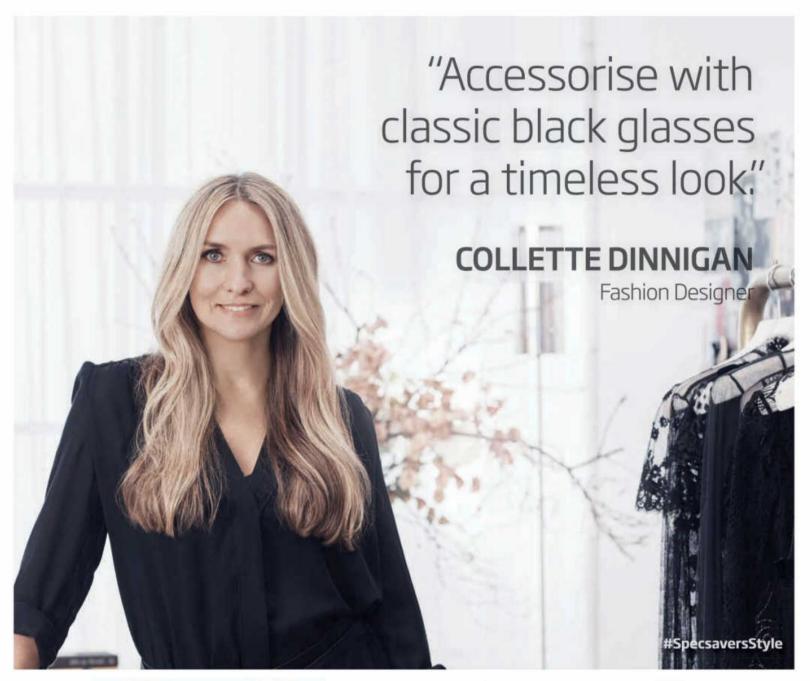
"Pairing your sneakers with a skirt is always a winner in my eyes – it's feminine but still practical. Note: look must be worn with a smile."



"Don't be afraid to layer. This is a brilliant example of how to lift your staple black-pants-and-striped-shirt combo, just by adding another element. Cuff your sleeves and let the hem poke out beneath the bustier to keep the look effortlessly cool."









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Collection from \$119









ne of my earliest memories is at the age of five, arms crossed with lips downturned in the kind of entirely earnest pout that only an infant can do, refusing to wear pants. At the time, I loved everything about dresses and simply could not support anything else. I loved how they flew out into an open flower when I twirled, the way I felt like a princess when I put one on and, essentially, how pretty they were.

This faithful love affair eschewed any fraternisation with trousers in any form. In fact, I vetoed pants all the way from preschool to high school, even into my first job as assistant to the editor-in-chief of a fashion magazine.

You would think my position would have encouraged me to be more experimental, but no. I forged ahead with my committed relationship to fitted dresses and skirts, only occasionally flirting with a pair of floaty silk shorts.

I wasn't even a jeans girl, and while I'd heard of the magic a pair of cropped black pants could provide, it wasn't until I made my first trip to Paris that I discovered the seductive qualities of French style. As with many sartorial hurdles, les femmes Françaises are masters of the art of pants-wearing. There, my tastes forever altered - I decided to channel Ines de la Fressange, French aristocrat and muse to Karl Lagerfeld (for who could be a better authority on the matter?), and made my inaugural





promptly worked them into my wardrobe. Throughout the years, the suit has played a part in plenty of iconic fashion moments. From Bianca Jagger in her chic white bridal ensemble to Katharine Hepburn in blazers and wideleg trousers, the suit renders its wearer a multitude of personalities. On the AW15-16 runways - and the streets outside – the message remained the same. At Prada, cropped and flared candy-coloured suits were worn with oversized flower brooches in a quirky, '60s interpretation. At Dior, the look was sleek in shades of dusty red and mauve and cut off mid-calf, ingeniously styled with patent leather ankle boots that showed a sliver of skin. There were belted, wide-leg looks at Stella McCartney (where the theme is always to man up), while at Ellery, trousers with the label's now-signature exaggerated flare were teamed with waist-accenting blazers, ideal for those ahead-of-the-curve types who aren't afraid to make a statement.

I might have felt at age five; I was ecstatic, and

It's true that sometimes there's nothing better than wearing your boyfriend's blazer slung over

"FROM BIANCA JAGGER IN HER CHIC WHITE **BRIDAL ENSEMBLE** TO KATHARINE HEPBURN IN BLAZERS AND WIDE-LEG TROUSERS. THE **SUIT RENDÉRS ITS WEARER** A MULTITUDE OF PERSONALITIES"

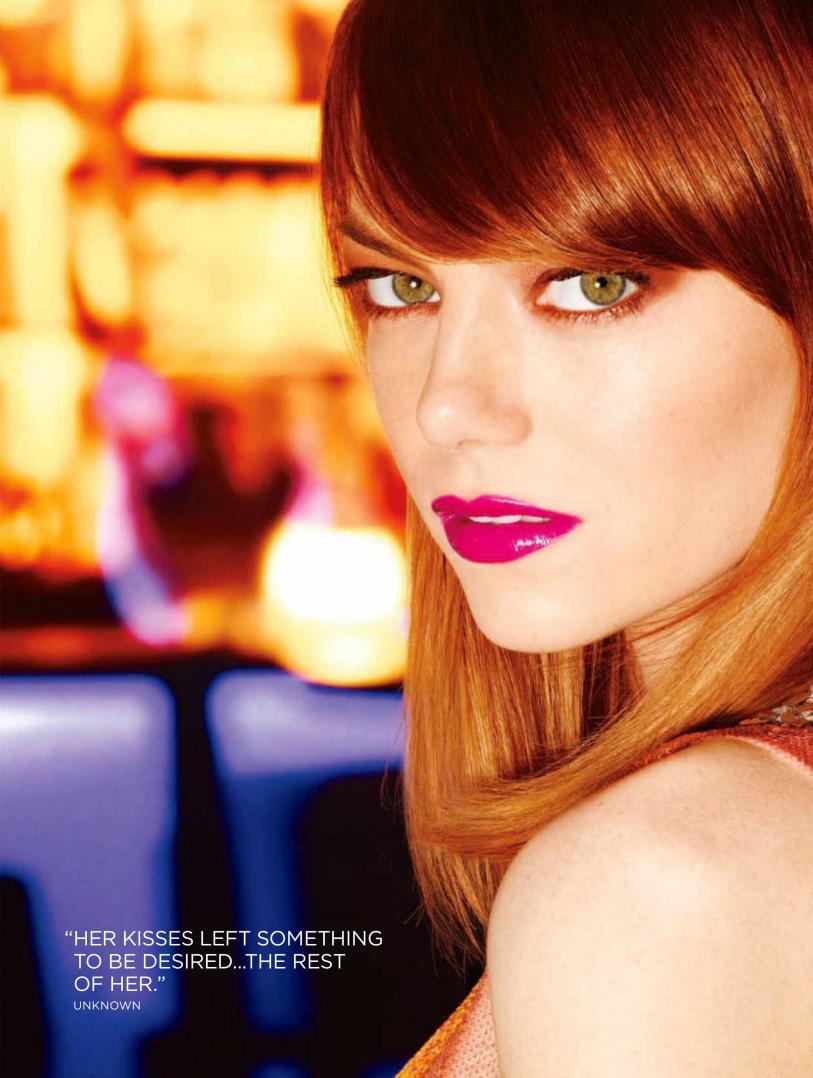
vour shoulders (the suit remains an androgynous link between men's and women's fashion after all), but there's good news for single women everywhere: this season it's all about embracing the suit as your own. "While a trouser suit can feel a little intimidating

to the uninitiated, for me it's an easy and very wearable alternative to more traditional work and eveningwear," says Natalie Kingham, buying director for Matches Fashion. "Traditionally, the look can sometimes feel masculine, but this season we saw a new softness and femininity, which will give the trend a wider appeal. Suits were fitted and flared at Altuzarra, and looser cuts and relaxed styling featured at Barbara Casasola, Rosie Assoulin and Chloé. There was a fluidity to the tailoring, which made it feel sexy and undoubtedly womanly."

"Borrow from the boys" is a directive we've heard before, but the tricky part is how to embrace the suit in your day-to-day wear. An easy introduction lies in separates: well-cut trousers with a blouse and heels is perfect for the office, while a blazer smartens up a pair of jeans for casual weekend errands. For those feeling a little braver, diving into a two-piece is a sure-to-be rewarding move - whether in classic navy or a bold hue, such as the pink suits favoured on the resort runways at Gucci, Edun and Roksanda.

The real trick lies in the tailoring, say the designers at Blazé Milano, a bespoke label run by three very chic Italian women who specialise in blazers alone. "A one-of-a-kind piece, complete with customisation and made-to-measure, is a key item for your wardrobe," the girls explain. "For us, a blazer works for you 24/7. It can take you from a meeting or bank appointment to a party or a weekend in the country. It goes with everything!"

I may have had fleeting crushes on culottes, fallen in love with mid-length pencil skirts and maintained a long and enduring relationship with the ever-faithful dress, but the suit has taken first place as my closest closet confidante. Instead of a simple shift, I reach for a suit on first-days, interviews and even date nights. There really is nothing like a new (and enduring) love. \square





TEMPTATION IS ON



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SCORCHING HOT

An article on BuzzFeed once offered up "16 Reasons Dylan O'Brien Is The Dork of Your Dreams". Among them: he's a goofball, he quotes *Hocus Pocus* on Twitter and his character on Fox8's hit series Teen Wolf, Stiles Stilinski, is "the closest thing to [The OC's] Seth Cohen since... Seth Cohen". It's true that as the best friend to the show's titular angsty canine, 24-year-old O'Brien brings Adam Brody-levels of offbeat charm and comic relief to a high-school world run amok with bloodthirsty creatures. But the New York native isn't all slapstick and one-liners. "I'm very shy," he says. "I wish more people believed me when I say that. Stiles is a version of me that rarely exists in the real world. He's so confident and extroverted, and I'm much more restrained."

Back on the big screen this month in Maze Runner: The Scorch Trials – the second instalment of the sci-fi franchise based on James Dashner's hit YA novels it's O'Brien's reticence in the lead role of Thomas that brings to life our next great dystopian-fiction hero. The film sees Thomas and his gang of fellow teens – who have all had their memories wiped by an organisation called WCKD - attempt to survive "phase two" of a brutal science experiment, this time in a post-apocalyptic desert. "I sort of got Thomas right off the bat," says O'Brien. "He's the quintessential ordinary human being who is tossed into extraordinary circumstances. And he pulls this thing out of himself that's been there all along. It's a bravery that's born from and in spite of fear - and that's a beautiful thing."

Maze Runner: The Scorch Trials is in cinemas this month

READ NOW, WATCH LATER

Devour these YA books before they hit movie screens.

Z For Zachariah, by Robert C O'Brien Margot Robbie will play the last woman on earth, torn between two men.

Miss Peregrine's Home For Peculiar Children by Ransom Riggs Tim Burton will direct this story of a boy who discovers an orphanage for kids with special powers.



fatal ATTRACTION

Me And Earl And The Dying Girl pulls off a high-wire act a film that's practically flawless, thanks to its crew of *fresh talent*

he teen-with-cancer drama is a potentially fraught genre - an emotional minefield rife with the danger of too much angst and angels, brightness and bleakness. Even The Fault In Our Stars attracted, along with muchdeserved love, murmurs of resentment about the way it pushed our buttons so expertly. That's why Me And Earl And The Dying Girl was the sweetheart of this year's Sundance Film Festival - it cleverly subverts all our expectations.

The "me" in the title is Greg - a high-school senior determined to remain socially invisible. "Earl" is Greg's only friend. They share a love of movies, making short films inspired by the classics but with punny new titles (such as A Sockwork Orange, using sock puppets). "The dying girl" is Rachel, whose leukaemia diagnosis sees Greg's mum urge him to connect with her - which is all but unthinkable for the socially awkward teen. But connect they do, and this kicks Greg

and Earl's filmmaking into high gear, with Greg becoming obsessed about making a movie to honour her.

Rachel and

And here's where it gets under your skin. When Greg and Earl ask classmates to pay tribute on camera, we're treated to excruciating clap-ifvou-believe-in-fairies moments: cue "You're so strong – I know you'll make it!". The duo just about fall apart in the face of this sentimentality, but Greg soldiers on, and what he creates is nothing short of a masterpiece.

The true creators here are director Alfonso Gomez-Rejon, a relative newcomer, and Jesse Andrews, who wrote the screenplay based on his bestselling YA novel. It's a great introduction to some incredible on-screen talent, too: Thomas Mann as Greg is seemingly incapable of smarm; RJ Cyler as Earl projects a hilarious magnitude of worldly wise knowingness; and Brit up-and -comer Olivia Cooke perfects the storm that Rachel's illness wreaks on everyone around her. This movie may wring out your emotions - but you won't regret it. □ Me And Earl And The Dying Girl is in cinemas September 3

ARTISTIC LICENCE

Hollywood has a habit of swaying from source material. We analyse how this month's biggest releases have taken dramatic liberties



MASTERMINDS

out September 3 SOURCE: The 1997 Loomis Fargo bank heist - one of the biggest in US history. **ARTISTIC LIBERTIES:** While the thieves were reportedly not too sharp, we're waging they weren't really as stupid (or funny) as Zach Galifianakis and Kristen Wiig make them out to be.



THE DAUGHTER

out September 10 SOURCE: Henrik Ibsen's 1884 play The Wild Duck. ARTISTIC LIBERTIES: Only the basic plotline - a young man returning home after years away and finding everything is different - survives in this Aussie adaptation.



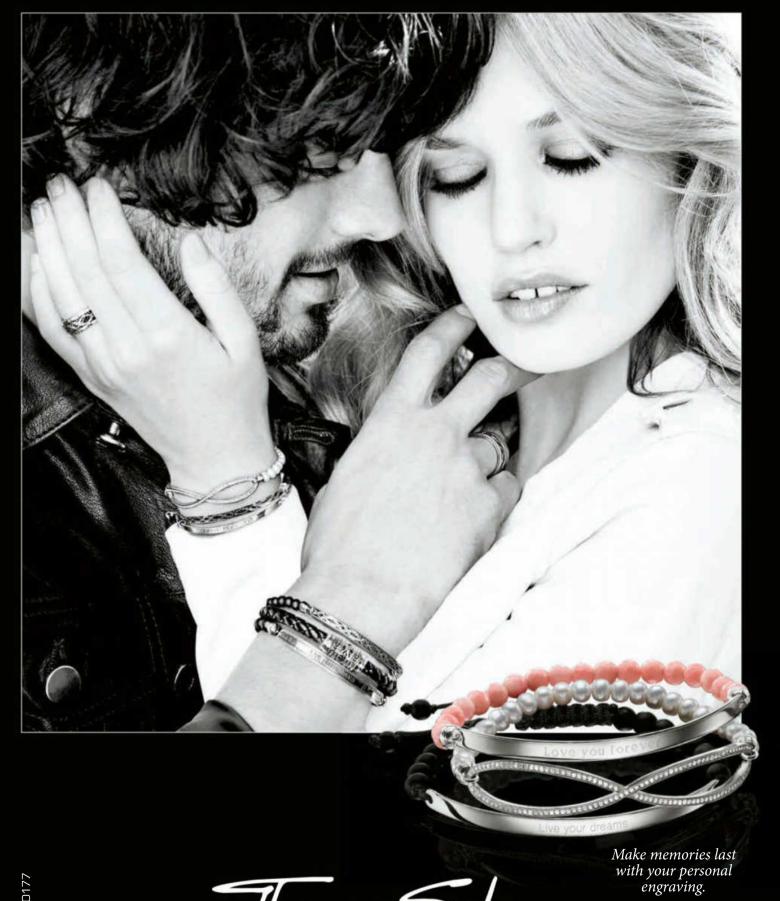
EVEREST

out September 17 **SOURCE:** The 1996 Everest disaster. **ARTISTIC LIBERTIES:** This film tries to stay as true to the source material as possible out of respect for the tragedy's eight victims. Keira Knightley, Jason Clarke, Jake Gyllenhaal and Josh Brolin head up the cast.



PAN

out September 24 SOURCE: JM Barrie's iconic character Peter Pan, first introduced in 1902. ARTISTIC LIBERTIES: Set in the 1900s, this version sees Hugh Jackman's Blackbeard replace Hook as the villain. Plus, Cara Delevingne plays a sexy mermaid - definitely not in the book



Thomas Sabo

LOVE BRIDGE

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Pop-culture fanatic *Justyna Kisielewicz* was taught "true art" is monochrome and melancholy, so her colourful works are an act of defiance

on't let the Minnie Mouse balloons and gummy bears fool you. Artist Justyna Kisielewicz's paintings are for those who appreciate feisty divas rather than Disney princesses. Inspiration for the works in her "Growing Up Is Overrated" exhibition, at Sydney's Friends of Leon gallery this month, came from the 30-year-old's childhood in post-Cold War Poland, where she was nearly expelled from fine art college for rebelling against the "no colour, no self-portraits" rules.

Her bubblegum-pink, Jeff Koonsinspired oil paintings are now the subject of shows from Salzburg to San Francisco and she's considered one of the brightest names on the art scene. ELLE chats to her about finding success on her own terms.

WHY SO MANY SELF-PORTRAITS? I used to use models, but I hated it because they always interrupted me. When I work I can't be disturbed. I don't even eat and when I'm on a roll I work for up to 15 hours straight. It just made more sense to use myself.



IS IT TOUGH TO MAKE A LIVING? You need to be an entrepreneur. It's important to have business skills to fund yourself - that's why I also studied politics and American studies. WHO'S YOUR IDEAL CUSTOMER? My paintings take a month to create and they're made with complex techniques and expensive materials. They're essentially high-end luxury products - they're not for everyone. AMERICAN CULTURE IS A BIG PART OF YOUR WORK, WHY ARE YOU OBSESSED? Growing up, Poland was so dark and grey and there was a shortage of everything - America represented the total opposite. I started drawing Tweety Bird stationery and Disney characters because it was the only way I could "own" them. YOU'RE MOVING TO THE US. DO YOU THINK IT WILL AFFECT YOUR WORK? Until recently my paintings were based on how I imagined America would be; now I'm here I'm realising how profound the culture is. I think it will make my work richer in meaning. YOUR VINTAGE FLIP-UP SUNNIES HAVE **BECOME A TRADEMARK. WHAT GIVES?** I don't know how that happened, but now they're like Andy Warhol's wig. I need to wear them to my shows or people don't recognise me. Growing Up Is Overrated runs at the Friends

of Leon Gallery, Sydney, from September 17

to October 11; friendsofleon.com

IN COSTUME

This month's cultural picks have a fashion focus - from 17th-century Japanese artisans to a modern Australian icon

THE SLEEPING BEAUTY

The Australian Ballet's modern adaptation of the classic, led by artistic director David McAllister, features divine fairy and woodland nymph costumes hand-stitched by Gabriela Tylesova (a favourite of Andrew Lloyd Webber). Tours Melbourne, Perth and Sydney from September 15 to December 6; australianballet.com.au

THE POWER OF PATTERN: THE AYAKO MITSUI COLLECTION

The Japanese Mitsui family has opened their private collection for this world-first exhibition tracking the history of kimono-dyeing and pattern making from the mid-1600s. Art Gallery of South Australia, Adelaide, from September 4 to March 27 2016; artgallery.sa.gov.au

COLLETTE DINNIGAN: UNLACED

Artist-turned-curator Anna Tregloan trawled through Dinnigan's personal archive for this retrospective, which includes items from the designer's first Paris showing and some of her most lavish lace gowns. Powerhouse Museum, Sydney, September 5 to August 28 2016; maas.museum







OBJECTS of DESIRE

Cravings, passion, thirsts: the urges that drive our actions. From love and lust, to power and vengeance, this month we're reading to satisfy our primal needs



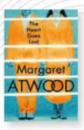
control PURITY

by Jonathan Franzen Edgy, fast-paced, dark and with intensely layered characters, this much-anticipated fifth novel from The Corrections author explores secrets how they intertwine and the opportunities for power they wield. When Pip, a young woman whose true identity is unknown, crosses paths with a shady purveyor of mysteries, her ideas of morality and loyalty are shaken. Brilliant and all-consuming. \$32.99, 4th Estate; out September 1



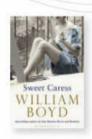
belonging **EVERYBODY RISE**

by Stephanie Clifford If social-climber spiels such as The Starter Wife, The Great Gatsby and Everyone Worth Knowing are your game, then this story by New York Times reporter Clifford, set in Manhattan before the 2008 recession, will hook you. Funny and smart, the Gossip Girl-like narrative centres on Evelyn an ambitious, middleclass 26-year-old thrown into the world of the elite and the lies she tells in order to keep up. \$29.99, Hachette Australia; out August 25



survival THE HEART **GOES LAST**

by Margaret Atwood It's crazy to think that though she's written more than 40 books, it's been 15 years since Atwood's last stand-alone novel. Well, fans won't be disappointed with this read, littered with themes of survival, morals, sexual desire and social pressure to conform. In the near future, amid chaotic economic collapse, married couple Stan and Charmaine seek out a better life in the form of a chilling "social experiment". What transpires will have you question what you would give up to stay afloat. \$32.99, Bloomsbury;



curiosity SWEET CARESS: THE MANY LIVES

OF AMORY CLAY by William Boyd Ever felt the hunger? That real, keep-youup-at-night, anxietyridden appetite for more love, more creativity, more passion, more living? Amory Clay has. A young social photographer's drive and curiosity pushes her from London to Berlin to New York, to World War II, to love, to family, to a life blossoming with colour. Prolific literary legend Boyd hits a new level of greatness that is simultaneously inspiring, romantic, intimate and moving. \$39.99, Bloomsbury; out September 10



lust THE BLUE GUITAR

by John Banville Oliver Orme was once a famous and well-regarded artist, but lack of inspiration has driven him to find ecstasy elsewhere even in the arms of his friend's wife. Written by Man Booker Prize winner Banville, this novel is a passionate, radiant account of Orme's inner thoughts, spanning a year of visceral lust, love, adultery and the heart-pumping highs (and lows) of breaking the rules. \$32.99, Viking; out August 26





out September 24







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JEAN-IUS FITS

Trust Levi's* to come up with cool, comfortable denim you won't want to take off

They invented the original blue jeans in 1873, so it's safe to say Levi's® knows a thing or two about denim. For nearly 150 years, the iconic brand has been painstakingly perfecting its designs, managing to make great jeans even better, season after season. And the women's spring 2015 collection is the best yet. Knowing how to enhance a woman's body and the styles she likes to wear, Levi's® has achieved the seemingly impossible: jeans that look as good as they feel. We want the entire range.



ELLETADVERTORIAL

FIT: The Levi's* women's spring 2015 collection offers jeans that fit better than ever before. With styles to suit every body type – from super skinny to bootcut, high-rise to low-rise – the result is denim that flatters, no matter your size.

INNOVATION: Utilising the latest in stretch and recovery as well as slimming technologies, Levi's" jeans are not only guaranteed to keep their shape all day, but will keep you in shape, too. Try the Levi's" Revel style for jeans that lift and lengthen, or the special Shaping styles that slim your tum and lift your bum.

FINISH: Modern, feminine and super-sexy, you can tell Levi's" jeans are completely customised for a woman's body. We love the all-new 501" CTs – a tapered take on the cult 501" originals.

MEET YOUR MATCH

Fact: shopping for jeans can be an excruciating experience... until now. Whatever your style, Levi's® has you covered.

THE PERFECT SKINNY 710 Super Skinny in Horizon Edge, \$119.95



THE SPRING STAPLE 721 High Rise Skinny in Ocean Mist, \$119.95



THE SECRET SLIMMERS
312 Shaping Slim in Pacific
Hue. \$129.95











she oughta KNOW

It's been 20 years since Alanis Morissette unleashed her *chart-topping* fury onto the world. ELLE chats to her about firing up a generation

n June 13, 1995, 21-year-old Alanis Morissette's inimitable howls of rage hit the airwaves, and "You Oughta Know" instantly became that year's fist-pumping anthem. It was especially resonant for the legions of young women who embraced it as a declaration of independence from sugar and spice and always having to be nice, even when they were filled to choking with not-nice feelings. The album it heralded, titled with brilliant aptness Jagged Little Pill, sold more than 33 million copies worldwide, taking it to number 13 of the bestselling albums of all time.

Jagged Little Pill's year-plus ride at the top of the charts and the relentless touring that went with it blew the 41-year-old Canadian off course, emotionally and existentially. "It was surreal and I feel like I'm only getting a little objectivity on it now," she recalls. "I feel proud - not necessarily of the zeitgeisty success it was, although that's a big chest bump – but that I can happily stand by everything that was written, content-wise, 20 years ago."

The two-decade anniversary of Morissette's moonshot to stardom finds her impressively busy. On September 18, a deluxe anniversary edition of Jagged Little Pill will go on sale, with several unreleased tracks from the session and one new song added. She has also committed to creating a jukebox Broadway musical based on the album, with award-winning composer Tom Kitt. And Morissette has 13 songs in the can for a new album, which she plans to release next year.

For now though, Morissette is focused on writing her first self-help book, which she describes as "tons of storytelling in a semi-memoiresque vein". Out later in the year, the writing process has been a matter of "taking the multitude of experiences that I've had and alchemically using them to share some hard-won wisdom and





PLAY

This month's hottest albums - and the stand-out tracks you need to hear from them



ALBUM: Yours Dreamily by The Arcs HIT TRACK: "Stay In My Corner" **OUT:** September 4

The solo project of Dan Auerbach - one half of The Black Keys - adds a slowed-down, soulful vibe to the band's signature indie-cool sound.



ALBUM: Too by Fidlar HIT TRACK: "40oz On Repeat" **OUT:** September 4 This skater-punk

foursome were bumming around LA for years before The Hives listened to their tunes and boosted their careers by inviting them on tour.



ALBUM: Paper Gods by Duran Duran HIT TRACK: "Pressure Off" **OUT:** September 11

Pop legends Duran Duran enlisted the help of Janelle Monáe, Mark Ronson and veteran producer Nile Rodgers (he's worked with Lady Gaga and Daft Punk) for their first album in five years.



ALBUM: Contrepoint by Nicolas Godin HIT TRACK: "Orca" **OUT:** September 18 Godin founded

French electro twosome Air back in the '90s, but heads in a new direction for his first solo album, which is influenced by film scores, cheesy Euro-pop and Bach symphonies.



ALBUM: We The Generation by Rudimental HIT TRACK: Never Let You Go"

OUT: September 18

The Brit drum-and-bass foursome took a break from touring to pen this album, tapping soon-to-be-huge artists Will Heard and Foy Vance.















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Our most luxurious masque intensely nourishes all types of dry hair. The silky formula lightly cares for dry hair, providing intense nutrition, shine and protection.

How to use: Apply to ends of hair. Leave for 2-3 minutes, then rinse.





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L'ORÉAL



WHAT I KNOW

HOW TO BE A

fashion leader

Carolina Herrera de Báez, creative director of fragrances for Carolina Herrera, shares how to find your style identity



Carolina Herrera de Báez and her mother Carolina Herrera

he may be classically beautiful, epitomise polished glamour and have an impeccable family pedigree – she's the daughter of designer Carolina Herrera and marquis Reinaldo Herrera Guevara – but Carolina Herrera de Báez is known for her down-to-earth demeanour. She's responsible for creating the company's iconic fragrances, such as Chic and the 212 range, and has launched a jewellery collection for CH Carolina Herrera, called Falling Jasmine. Herrera de Báez has relocated from the US to Madrid, Spain, where she lives with her children, Olimpia, 10, Miguel, eight, and Atalanta, seven, and her husband Miguel Báez, a former bullfighter.

DESIGNER DAUGHTERSSuccess flows in the genes of these fashion families



LEARN TO UNLOCK YOUR OWN LOOK "Don't be a fashion victim – know what looks good on you. To me, style means not copying what the models and actresses are wearing just because it's a trend. I have no rules when it comes to fashion, but I wear what I love and what I think looks good on me. I dress for the occasion – for example, I'd never wear thongs in the city."

LEARN TO LOVE QUALITY "Quantity means nothing if the quality isn't good. You'll get more wear out of a few great long-lasting pieces than many mediocre ones."

LEARN TO BE INQUISITIVE "There is nothing like curiosity and a desire to learn. When it comes to fashion, style is mostly innate, but it can be polished by looking, looking and looking."

LEARN TO LISTEN AND APPRECIATE "I love listening to the unedited conversations of my children. They always make me smile. My mother has also taught me a lot of wonderful things in life. As far as fashion advice though, she always told me you should look at yourself in a full-length mirror before you leave the house. Always!"

LEARN TO GIVE YOUR CAREER YOUR ALL "Absolutely love what you do and know that when you give it your all, there will be a sacrifice of some kind. Having the support of my family is very important. It gives me the security and drive I need to bring my ideas to fruition."

LEARN TO TAKE TIME OUT FOR YOURSELF "I love reading, going for hikes with my dogs or going on long drives and listening to loud music. I love waking up at dawn. That way, I can have my coffee alone before anyone else wakes up."

LEARN NOT TO BE TOO HARD ON YOURSELF "I want to look my best. I try to work out twice a week, go to the hair salon once a month, have facials every four months and love massages, but I don't have time to make that a ritual. If I don't do any of these things, life goes on." \Box

Stephanie Chai, CEO AND FOUNDER OF THE LUXE NOMAD, SHARES HER FAVOURITE APPS



HEADSPACE

Regardless of what you do for a living, you need to switch off sometimes. This meditation app has 10-minute sessions and a voice to guide you through "zoning out". *Price: free*



RECEIPT BANK

I'm terrible at claims and end up stashing receipts somewhere random. This app takes a photo and then uploads them. Who said claims were a pain? *Price: free*



VSCO CAM

Because whether we admit it or not, we all want more likes on Instagram! And you usually need a little extra help from a photo editing app like VSCO. Price: free



WATERLOGGED

Eight glasses a day is the magic number – but it's easy to forget. So a genius out there invented Waterlogged which eloquently reminds you to drink a glass of water on the hour. *Price: free*



WI-FI FINDER

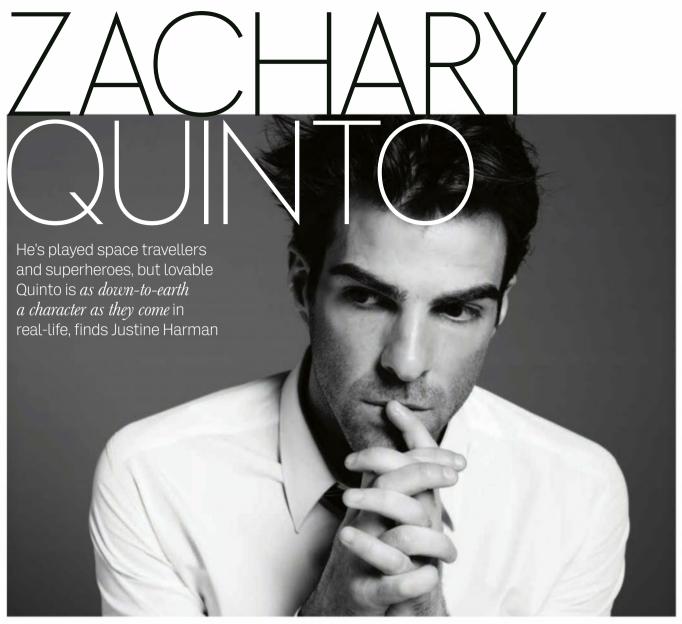
Need I say more? This easy-to-use app helps you scope out free or paid wi-fi quickly and easily when you're travelling overseas. *Price: free*



PACKING PRO

I always end up forgetting something when I travel. This app lets you create your own list of items, then you can tick them off as you pack them into your luggage. *Price:* \$5.14





I've had my eye on Zachary Quinto for some time now. I'm a huge fan of his multi-character turn on bloody melodrama *American Horror Story* and at the Sundance Film Festival I practically drooled into my adult beverage as he and his *Star Trek* co-star turned real-life bestie Chris Pine engaged in some elegant conversation at a sexy afterparty. Sure, I wanted to say hi. I wanted to tell him that I'm a huge fan and that I prefer his very mature stubble growth to Pine's mossy-soft neck beard. But one doesn't just talk to Zachary Quinto. That would be ludicrous! The guy has one of the most intimidating, if not disarmingly handsome, faces in the world.

And now we get another chance to admire it thanks to the movie adaptation of the action sci-fi video game *Hitman: Agent 47*. Little is known about the 38-year-old's character John Smith (only ever a small part in the video game, Smith's character has been developed specially for the film), except that he goes head-to-head with a genetically engineered assassin (played by *Homeland*'s Rupert Friend).

Over a round of Penny Drops (a vodka, lime and ginger concoction), we discussed Jungian theory, bromances and whether sexuality has an impact on your success in Hollywood.

TELL US ABOUT YOUR BROMANCE WITH CHRIS PINE, WHO PLAYS CAPTAIN KIRK ALONGSIDE YOU IN THE STAR TREK FILMS...

We're deep bros. I love him. I've been lucky. I hear horror stories of actors that get tangled up in these relationships on set with people they just don't jibe with, or that are complicated beyond any reasonable level, and I look at the ensembles that I've been a part of – whether it's Heroes or Star Trek or American Horror Story – and I have always genuinely loved the actors I work with.

I HAVE TO ASK: IS ANY CGI DONE TO PINE'S EYES FOR THE STAR TREK MOVIES? BECAUSE THEY'RE AS BLUE AS BOMBAY SAPPHIRE.

[Laughs] I think that he just has Bombay Sapphire eyes. I've had the distinct pleasure of gazing into them for hours on end, so I can youch for their authentic hue. YOU'VE SAID YOU'RE ANALYTICAL, AND I'VE READ INTERVIEWS IN WHICH YOU'VE MENTIONED HOW YOU IMBUED SPOCK [QUINTO'S STAR TREK CHARACTER] WITH A LOT OF BACKSTORY AND DIMENSION. HAVE YOU EVER PLAYED A CHARACTER WHERE YOU WERE LIKE. "THERE'S NOTHING HERE"?

The character I spent a year playing on 24 [the long-running TV show about counterterrorism agent Jack Bauer, played by Kiefer Sutherland] was an analyst who sort of came in and said, "Jack, the police are here! Hurry up", but they tried to build in this drama for him where his sister was infected with a virus that they were trying to combat. That was like my big scene, but at the end of the season, it was like he went home and never came back to work. It was, like, a whole season of a character that didn't really have any discernible backstory until the last episode.

DID YOU KNOW THAT ON YOUR IMDB PROFILE IT SAYS YOU OFTEN PLAY GUYS WHO ARE STERN AND UNFEELING?

I had no idea until recently! "Coldhearted" with a "clipped manner of speaking", I think it says. I find that really interesting because I do think that my personal nature is often at odds with people's perception of me, because I have played these sort of clinical characters, and yet I feel very passionate and invested in the things I believe in. But maybe it's just part of what people throw onto us as canvases for their own psychology.

THAT SOUNDS VERY JUNGIAN...

I mean, I think if you consider the Jungian concept of the collective

unconscious, what we do as actors is try to capture moments of that collective unconscious and reflect it back as aspects of consciousness, so, in a way, it is kind of Jungian. If I'm playing this antagonistic, unlikeable guy on TV and someone who watched the show sees me walking down the street, there are associations with that that we can't control. I'm fascinated by the disparity between those two things. What people think, or expect of us, versus what we really, truly are.

WHAT DREW YOU TO HITMAN: **AGENT 47. YOUR LATEST FILM?**

I was really excited about the movie as soon as I read the script. It's a really epic-scale action film but it's also anchored in these characters and their relationships.

HAD YOU PLAYED THE VIDEO GAME BEFORE YOU SIGNED UP TO THE FILM?

I've seen the game but I've never really played it – I'm not really a gamer. My character is a relatively peripheral character in the game and the writers used that as a launching point for his position in the movie. I thought it was more interesting for me as an actor to connect to the character as written and to connect to the situations and the relationships he's in.

WITH ALL THE GUN FIGHTS AND CAR CHASES, IT'S QUITE A HYPER-MASCULINE ROLE. AS AN OPENLY **GAY MAN IN HOLLYWOOD, ARE** PEOPLE SAYING THINGS LIKE, "I DIDN'T KNOW YOU HAD IT IN YOU"?

Not in terms of my sexuality, to be honest with you, but more in terms of my nature as an actor and the roles I've played in the past. I've always separated my

ability as an actor, and my desires as an actor, from my sexuality.

RUPERT EVERETT SAID COMING OUT WAS THE WORST THING HE EVER DID FOR HIS CAREER. DO YOU THINK. IN THIS DAY AND AGE. IT'S IMPORTANT FOR A GAY MAN TO PLAY A STRAIGHT **CHARACTER JUST TO SHOW HE CAN?**

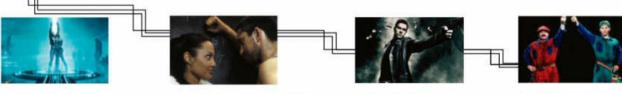
I think it's important for gay actors to play interesting, dynamic, complicated, unexpected characters - whatever that means. Rupert Everett is an example of somebody who is of a different generation, and he came out at a very different time than I did. Unfortunately, for him, he felt like it hindered his potential, but I suspect that has less to do with his career and more to do with, I don't know, Rupert Everett. The reality is that you build your career, you do what you can in order to generate the opportunities that you want to have, and if you're hinging all of that on your identity as a gay man, then you're setting yourself up for disappointment. I want to defy expectations that people have of me, and I want to defy expectations that I have of myself. That's something I would rather engage in than the resentment or the acknowledgment of, "Could I have got my own franchise or some big-budget action film?" But that's not what I want, anyway.

I MEAN, THERE IS A LITTLE PROJECT CALLED STAR TREK...

Well, I did Star Trek before I came out publicly. So I'm saying, "Could I have had another [franchise] on top of that?" I don't know, and I don't care. I don't waste a moment thinking about it.

Hitman: Agent 47 is in cinemas now

GAME-CHANGERS We rate these silver-screen adaptations from next-level to game over



TRON: LEGACY (2010)

This sequel to the 1982 flick Tron - which was inspired by the Atari game Pong - raked in \$530 million, no doubt helped by its Daft Punk soundtrack.

LARA CROFT: TOMB RAIDER (2001)

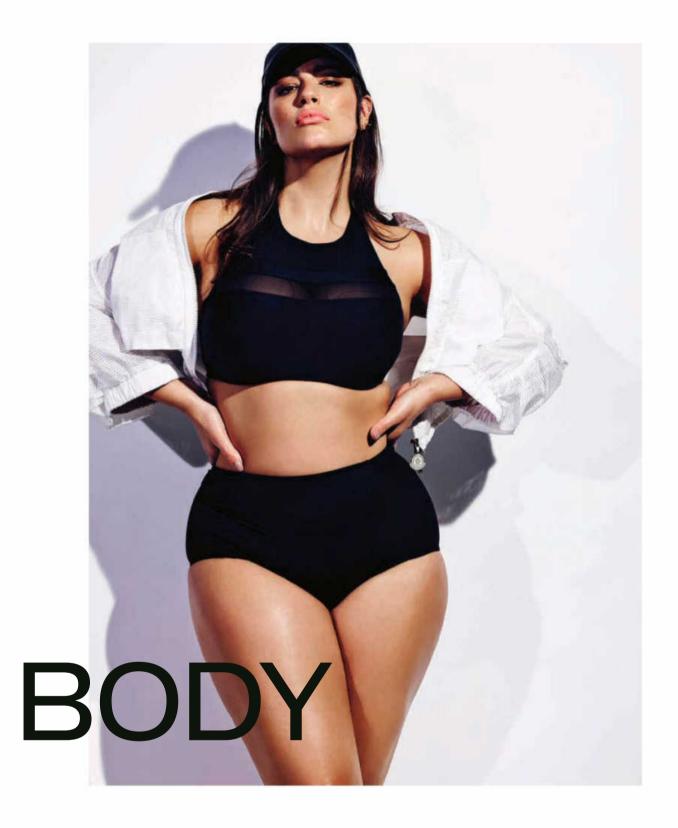
Angelina Jolie brought video-game badass Lara Croft to life and, despite poor reviews, it went on to make \$370 million at the box office.

MAX PAYNE (2008)

Based on the Max Payne video games, this film was panned by the critics and earned Mark Wahlberg a Razzie nomination for Worst Actor.

SUPER MARIO BROS (1993)

This live-action adaptation of the classic game was a miss on all levels - it lost \$36 million and only 16 per cent of Rotten Tomatoes critics give it a good review.



BEAUTIFUL

Meet Ashley Graham, the *size-18 supermodel* on a mission to make you love your back fat. The self-proclaimed "body activist" is determined to help *women feel confident about their curves*, says Janice Turner







As we sit down in a hotel bar that evening, Graham orders a large glass of red – "something full-bodied and spicy" – and performs a part of her recent TED talk for me. Not content, at 27, with being one of the world's leading supermodels (though she baulks at the term; saying she'd prefer simply "model"), she sees herself as a body activist. Her mission is to combat the self-loathing too many women feel for their thighs or breasts or butts.

unlike some models, who fade into the wallpaper when

they're off-duty, her personality fills a room.

othing is small about Ashley Graham. There is her ripe, bountiful body, which, the first time I see her, is poured into a skin-tight surf suit. There

is her energy, which is huge; she propels herself

between poses, eyes flashing, legs pumping. And

In the talk, she walks on stage and addresses herself in a full-length mirror. "You are bold, you are brilliant and you are beautiful," she says. "Hey, back fat. I see you, back fat. You're not going anywhere, and I don't mind, because I love you. Thick thighs, I know you're always gonna be thick. You're so thick because you just can't stop touching each other. Cellulite, it's all right cellulite. You may take over my whole bottom half, I don't care. I'm going to embrace you today because I love you."

As she recites this mantra in her lovely, low voice, it's hard not to be moved. Because this is no PR spin. It is the story of how she accepted her body, and she wants other women to do the same. Graham's face is exquisite: her generous mouth and strong brows make you wonder if she is Brazilian or Italian. (In fact, she is from Lincoln, Nebraska, and German on her mother's side.) But at 178cm and 88 kilos, she's an Australian size 18. Her flesh congregates on her lower body. "It's all on the butt," she says, and lets out her ready, raucous laugh. "Honey, you should see me twerk!" Her body has always been both a blessing and a burden. She had curves at the age of 12: she recalls a family holiday to Mexico where, dressed in a bikini top and cut-off shorts, predatory forty-something men surrounded her in a bar. Her father was livid. She was bewildered by the attention.

That same year, she was scouted by an agency. Straight away, they had her pinned as "plus-size". Not because of her weight but her build. She holds up a sturdy wrist. "Look at my bones!" Despite the bar incident, her parents had no reservations about her starting her career so young: "They could see how much I wanted to do it. I'd tried sports and dance classes but this was something I had a passion for."

Her first job, aged 12, was a lingerie ad, modelling a sheer bra – they had to airbrush her nipples. Her first magazine shoot was about dressing for your shape. "I was cantaloupes/large breasts. This was in eighth grade [aged 13]." Someone at school saw her picture and pointed out a fold of flesh behind her knee. "She said, 'Ew, what's that fat fold?""

"You're pretty for a big girl" was the story of her adolescence. But she never dieted, instead welcoming her voluptuousness. "At high school, all the boys were so intimidated. I was, like, this woman walking into the room. I had big curly hair that I let hang out. I dressed really sexily; a cross between Ginger Spice and Scary Spice. I mean, leopard pants with my boobs out." Older guys just wanted sex. At 15, one date tried to lure her naked into a hot tub; she refused. Her parents insisted she was always home by 10pm.

In her teens, she travelled with her mother, mainly doing catalogue shoots. What bliss, being an "Her body has always been both a blessing and a burden. She had curves at 12: she recalls a family holiday where, dressed in a bikini top and cut-off shorts, predatory forty-something men surrounded her in a bar"

international model, yet able to eat. (At the *ELLE* shoot she enjoys meatballs and quiche, then goes back for seconds.) She once briefly lived in a house where the "straight" (as she calls them) models would take diuretics to lose weight. She was even accused of stealing food. "I said, 'I've been out all day'. She said, 'I know it was you'. She thought I must have eaten it because I'm the big girl," Graham laughs. "They were all starving and not working. I was a size 18, eating and earning a fortune."

Then at 17, she went to live in New York alone and went wild. "I did everything. I went to all the model parties, with celebrities offering me alcohol and drugs. I was having a good time. Boys everywhere, you know, succumbing to all the vices, and it kind of tripped me up." Moreover, her weight ballooned to over 107 kilos and, for the first time, Graham hated her body. "I would be like, 'My butt is such a weird shape.' I didn't like that pouch every woman has on her stomach. Or the cellulite on my arms."

Graham had no particular food weakness; she just loved eating and never knew when to stop. She tried every fad diet, from cabbage soup and juice cleanses to cutting out carbs, but could stick to none of them for long. The trouble was, hunger made her bad-tempered: "I was so 'hangry' on the shoot this morning," she tells me. "I masked it well, but inside I was like, 'When is lunch?""

No matter how big she grew, she was always booked. European clients sometimes asked her to lose weight; US ones didn't care. But her size was making her unhappy and unhealthy, so she regained control. She started going to the gym – and she gave up sex. A break-up with an

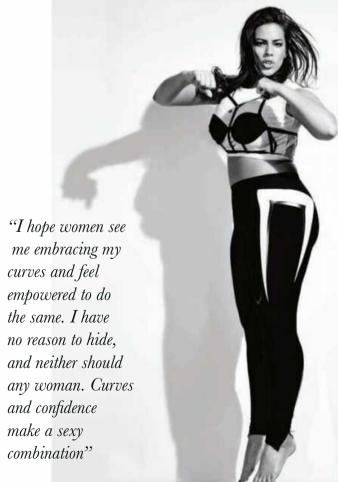
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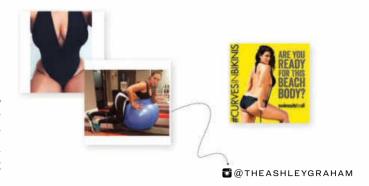
unpleasant boyfriend had left her feeling bruised: "I had to reclaim my body, sexuality and my image." She told every man she dated that she wouldn't sleep with him until they were married. "It was the best thing I've ever done; you don't wake up with regrets. I'm not having a man deciding what he's doing with my body; I'll decide."

Her weight stabilised and within a year she'd met her now-husband, Justin Ervin, an African-American videographer, at her non-denominational church. He agreed to her terms. "There were moments when we wanted to... Oh my god it was so hot! People asked why I didn't want to road-test the car before I bought it. But our make-out scenes, that was testing the car." And the wedding night? "Oh yes!" she cries, so lustily that I blush. That was her first time in over a year. Married now for almost five years, they live in Brooklyn, although Justin wants to move to LA. Graham is thinking about "popping out a couple of kids" in a few years.

Her weight hasn't fluctuated in five years. I ask what she eats and I'm surprised by her Gwyneth-esque green juice for breakfast and grilled fish with salad for dinner. "I like to eat clean. There's a history of diabetes in my family, so I avoid sugar. But I also like wine, and I will have a piece of cake at lunch sometimes, as I did today. I'm not going to control my life with food – I'll enjoy what I want."

Graham is equally serious about exercise: "But I'm never looking to be thinner, only firmer and stronger. I love my





curves and only want to enhance them." Depending on her schedule, she works out two to three times a week with her trainer, Terrell Stanback. "I do bootcamp-style workouts and take classes such as barre, yoga and AKT [a workout incorporating yoga, dance, strength training and plyometrics]. My husband and I ride our bikes around Brooklyn in the summer. I like to trick myself into working out."

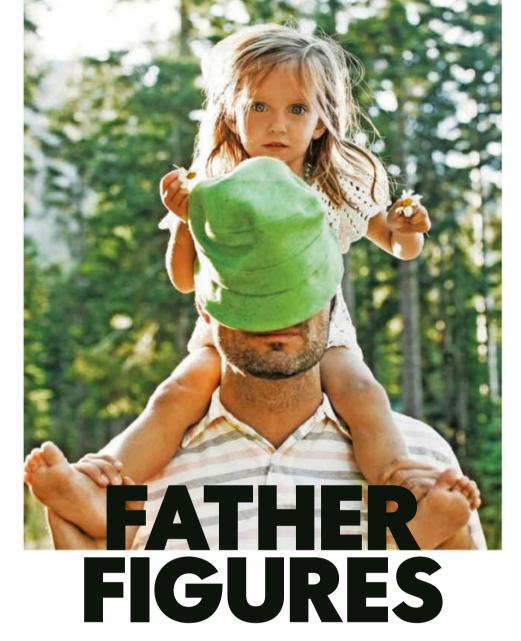
Since she signed to IMG Models last year, her career has soared: from shooting catalogues, the mainstay of plus-size work, she's appeared on the cover of *ELLE* Québec and was the first bigger girl to appear in *Sports Illustrated* (admittedly, only an ad). Considering the latter pretty much defines the idea of the beach body, her inclusion was nevertheless a seriously big deal.

Graham is the perfect spokesmodel for a moment when women are increasingly cynical and angry about fashion edicts that they must strive for a super-thin physique. "I hope women see me embracing my curves and feel empowered to do the same," she says. "I have no reason to hide, and neither should any woman. Curves and confidence make a sexy combination!"

Even so, the tyranny of the "sample size" makes it hard to use non-skinny models: stylists often have to cut garments at the back so Graham has something to wear. But fashion, she believes, is starting to loosen its strictures about the perfect shape: she points out designers such as Vivienne Westwood that now produce extra-large sizes. Yet she wonders why, despite her gorgeous face and burgeoning fame, she can't get a cosmetics contract. Or take part in a catwalk show: "I'm ready, baby. I've got the strut!" Instead she promotes her career through other channels. Her ambition is to be the first plus-size model entrepreneur. She has created a lingerie range, which is "super-sexy, but also keeps these ladies" - she hoicks up her bosoms - "where they should be". And she posts pictures of herself on Instagram doing fierce workouts for her Curvy Fit Club, because she wants bigger women to exercise without worrying about wobbly bits.

Men have always adored her body: "They write and say I'm hot. Or, 'My wife is plus-size – thank you for embracing your curves'." It is women who post the negative comments: "They are like, 'You're helping to make obesity glamorous'." So how does she answer this? The Western world is, after all, getting dangerously fat. "But there are also women who are getting thinner and thinner," she counters. "I don't promote anorexia or obesity. I promote health. And healthy at whatever size your body needs to be." It's all in her TED talk, she says: "There is no woman like you. Be authentic. Be you. Be real." □





As a *Father's Day tribute*, we asked writers to reflect on various rites of passage in their *dad-daughter relationships*, from first words to teenage hormones

Before I had my two little girls Emiliana and Marlowe, I never considered death. Now, I fear death and think about it all the time. Before I had them, I listened to the news, but never felt it. These days, I feel every angle of it. As a parent, I am truly empathetic, because I am responsible for my daughters, and I think about them most seconds of most days. All I want to do is see them, say their names and know that they are safe and happy.

MAT PEMBER

IS THE CO-AUTHOR OF THE LITTLE VEGGIE PATCH CO DIY GARDEN PROJECTS (\$45, HARDIE GRANT), OUT NOW

This fear begins from day one and then it grows. Thankfully, alongside it, and now riding high above, a relationship builds unlike any before. These are the best slow-burn experiences of your life. I love the way Emi drinks all of her juice and then "shares" all of Marlowe's. I love every word that comes from Emi's mouth – even "no" – and the anticipation of what will eventually come out of Marlowe's kills me.

I'm so typically a parent now. I catch myself turning down the volume on the stereo and avoid going out at night. Part of me resents that I've become this way, but as the girls drift off to sleep at night,

"The fear begins from day one and then it grows"

Emiliana may say "you're the best dadda" or Marlowe will kiss me and bury her head in my shoulder - at these moments there is so much emotion inside of me and I'm so overwhelmed, I simply could not cope with much more.

ROHAN ANDERSON

IS THE AUTHOR OF A YEAR OF PRACTICULTURE (\$49.95, HARDIE GRANT), OUT NOW

As a dad with four girls – two biological and two stepdaughters – I can at times feel outnumbered, but I wouldn't have it any other way. I have strong memories of myself being a clumsy, prepubescent male going through "the change", and those memories still haunt me to this day. I'm quite fond of being surrounded

by girls and women – it helps wear down some of my abrasiveness, my innate male brutality.

I like that the older I get, and the more I'm surrounded by women, the softer my exterior becomes. And I'm not referring to moisturising my skin or applying beard balm; I'm referring to the ability my daughters have to make me step back and think about my approach to situations differently, often more thoughtfully, more emotively, more lovingly. My daughters, without directly or intentionally doing so, are my spiritual and emotional guides. They make me think more about who I want to be as a father. One day when they have children, they may understand the importance a child has in teaching a parent how to be a better human.

"I feel outnumbered, but I wouldn't have it any other way"

"I became a superman in the supermarket sanitary aisles, with wings!"

"Dad, remember that you're the first male we ever met," my daughters reminded me as they started dating. How could I ever forget? My knees turned to jelly when my firstborn graced the world. From the moment my three daughters opened their eyes, I was their male mentor. And when breast cancer robbed them of their mum 12 years ago, I became their main mentor. They witnessed a grown man express rather than suppress his emotions. I hoped they would see

this outward expression of love as strength, free from the fear of tears.

We formed a pact where I promised never to lose my temper while they promised never to be afraid of telling me anything, bad or good: "Please don't let me find out anything about you second-hand". As the menstrual cycle graced our family, I became a superman in the supermarket sanitary aisles, with wings! As their cycles synchronised, **JOSEPH WAKIM**

IS THE AUTHOR OF WHAT MY DAUGHTERS TAUGHT ME (\$32.99, ALLEN & UNWIN), OUT NOW

I circled dates on the calendar to know when I needed to circle around them on eggshells. I quickly learned that if I ever tried to defend anyone in a spat against another, they would join ranks and turn on me.

When teenage hormones tossed them around in stormy seas, I hoped to be their lighthouse, always open and lit, giving them orientation and shelter. And when they began to date, I realised that the ultimate man of their life was measured against the first man in their life. Just as they had trusted me with their eyes closed, I now trusted their own moral compass.

> When my daughter was born my first instinct was to protect her. Because that's what fathers do, right? We stand between our daughters and the world, keep them safe from harm. What sort of dad would I be if I didn't protect her from the rogues and ratbags who fill the pages of my books?

"What sort of dad would I be if I didn't protect her from rogues and ratbags?",

NICHOLAS J JOHNSON

IS THE AUTHOR OF FAST AND LOOSE (\$29.99, SIMON & SCHUSTER), OUT NOW

I remember on that first morning taking Beatrix from her sleeping mother's arms to the hospital nursery to be weighed. The nurse noted that my little creature was the only girl in the room, surrounded by three boys. She leaned into her bassinet and said: "You keep away from boys, they're nothing but trouble." My little girl, only a few hours old, had been transformed into a probable victim of this trio of future predators. Suddenly, I didn't want to protect her anymore; I wanted to show her how to protect herself. Not just from boys or deception or heartbreak,

but from the idea that any of those things should ever get in her way. I wanted to raise a girl who could climb and fall and cry and get back up and climb again.

Now, almost two years later, Beatrix is on her way. Her favourite food is dirt, her favourite toy a bucket. The other morning, I left her alone for less than a minute and, when I returned, I found her sat perched high above my head on a three-metre ladder I'd left leaning against the wall. She looked down and laughed at the mix of fear and pride on my face and fell into my arms. \Box

GIRLS





ON FILM





He directed the movie that *pioneered* female-led comedy: Bridesmaids. Now working on a Ghostbusters reboot with women in the main roles, Paul Feig says it's high time we bid goodbye to the Hollywood boys' club



Meet Paul Feig, the maverick talent whose exceptional film work precedes him. Even if you're unfamiliar with his name, you're probably a fan of his movie-making. The 52-year-old directed *Bridesmaids*, the wittiest wedding movie of all time, about the friendships, love lives and inner dialogues of women. He has pioneered behavioural comedy that crosses gender boundaries (see *The Heat* and *Spy*), been instrumental in shifting Hollywood's perception of women in film and counts Kristen Wiig, Rose Byrne, Maya Rudolph, Melissa McCarthy and Rebel Wilson as collaborators. Here, Feig explains how the role of women in Hollywood is changing – and why that's something to celebrate...

hink about the last film you saw. Was a woman in the lead role? Was her part as big, equal and meaningful as those of her male co-stars? Was she witty, accomplished, financially independent and emotionally stable? Or was she a subservient, beautiful, uncomplaining love interest or a hysterical, cat-fighting basket case? Things have been getting better lately, but still the odds are she was one of the latter.

In 1999, early in my career, I created a show with a strong female lead, *Freaks And Geeks* [an Emmy Award-winning TV series centring on two teenage siblings and their high-school experience]. The character I wrote, Lindsay Weir, is essentially my perfect sibling. I'm an only child and she was the older sister I always wished for. But the show was cancelled due to low ratings before we finished our first full season, and suddenly Lindsay was no more.

Creating intelligent, dignified, three-dimensional roles for women has always come naturally to me, since they reflect my experience with the people I know. But back in the early and mid-2000s,

when I had a tiny bit of power after my TV show, Hollywood wasn't biting. Female-led projects would be dismissed, shut down because "we need a male lead character". I was told "movies starring women don't make money at the box office", that "internationally, there are countries that won't go to see films with women in the lead roles". I'm embarrassed to say I just accepted it, thinking I didn't know enough about the business; that women in film were taboo. I'm also ashamed to say I didn't question that. It was such a hard and fast rule, how could it not be true? They knew showbiz better than I did.

But, over the years, I became increasingly frustrated and recognised this routine dismissal of films starring women for what it was: utterly ridiculous and a cowardly concession. I started to think, can we not fix that? How can this be the status quo? You're rejecting half the population based on their gender; it doesn't make any sense. My desire to change things was as much about challenging the brazen inequality as it was convenient for me creatively – I had all these talented women in mind I wanted to work with (Kristen Wiig, Melissa McCarthy, Amy Poehler, Tina Fey and Sarah Silverman, just to name a few).

For a long time, Hollywood has presented us with a very limited depiction of women – the "guys' version", where she's either wonderful or terrible. It perpetuates a little boy's view of women: first, it's the mother who spoils your fun, then it's the girlfriend who won't let you go out with your friends and, ultimately, the killjoy wife who won't let you do anything at all. Meaningful roles for women are still exceptional – only 12 per cent of the top movies of 2014 had females in leading roles.

Interestingly, in the '30s and '40s, Hollywood portrayed strong, impressive women who were equal to men. The characters played by Irene Dunne, Katharine Hepburn, Bette Davis, Barbara Stanwyck and Rosalind Russell were also positively progressive. In the old movies I watched, men and women were equals, even when they were at odds. But this was also a time when movies were made for adults. It was only in the '70s and '80s that Hollywood started to realise that the biggest part of their blockbuster ticketbuying audience was 15-year-old boys. And I feel that's when a teenage boy's view of women started to creep into film roles - women became either busty Barbie dolls or cartoonish versions of mean ol' mum. There were still strong female roles in some of these films -Karen Allen in Raiders Of The Lost Ark, for one – but gradually, women depicted in films got a little more

"HOLLYWOOD **PERPETUATES** A LITTLE BOY'S VIEW OF WOMEN: FIRST, THE MOTHER WHO SPOILS YOUR **FUN, THEN THE GIRLFRIEND WHO WON'T LET YOU GO OUT WITH** YOUR FRIENDS AND, ULTIMATELY, THE KILLJOY WIFE WHO WON'T LET YOU DO ANYTHING AT ALL"

subservient, ghettoised by the male-dominant entertainment industry.

In the lead-up to making *Bridesmaids*, I had so many industry colleagues saying ridiculous things like, "Get ready. With all those women on the set, it's going to be a madhouse. They're going to be fighting; it's going to be a mess." The reality is, it was one of the happiest sets I've ever overseen. And ironically, when I was directing the film,

the biggest thing I policed was the character that Rose Byrne played, Helen. I didn't want her to be the standard, predictable "bitch" that Hollywood has become so attracted to. "All men mean well," George Bernard Shaw once said. All women mean well, too.

We're still fighting the legacy of a culture that marginalised women by reinforcing narrow stereotypes. With my next female-led project, Ghostbusters, people have accused me of being politically correct and pushing feminist agendas. That couldn't be further from the truth. I recognise there's a shocking disparity between the representation of women and men in the industry but, ultimately, my motivation is selfish. It's just a meritocracy - I find the women we've cast (Melissa McCarthy, Kristen Wiig, Kate McKinnon and Leslie Jones) incredibly talented. The studio was on board immediately, which indicated a positive sea change. Some hardcore Ghostbusters fans hit back. They grew up with the movie - I understand their discomfort in having cherished property from your past changed. But I believe there's room for all sorts of movies, whether they're new or reboots of beloved franchises - women love the original Ghostbusters, too, so why not make one starring women? This is what progress looks like.

I want the idea of gendered movies to be abolished. My last film, *Spy*, happens to be a female-led movie about the intelligence services, which doesn't mean it's a film for women, or for men. It's a film for people who want to have a good time. I hate the term "chick flick" and I hate the connotations it has − "chick flick" has become a code for some lesser confection made for ladies that has no relevance for men. I want guys to look at a movie poster with a bunch of women on it and go, "Oh, they're funny − let's go see that". The end. □ *Ghostbusters is set for release in July 2016*



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friend

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fiction?

As we get older, is the notion of a "BFF" realistic?
Or are our friendships the first casualty in place of a family and career?
Amy Taylor-Kabbaz reflects on the changing nature of our relationships as we move through life

rom a young age, we're told our friendships are meant to last forever. We grow up with the very clear message that we can't always rely on a man to make us happy, or that "putting a ring on it" doesn't equal eternal bliss. And yet, our female friendships are often still the stuff of fantasy. Most of us have had "that" girlfriend – the one we shared the most intimate details of our lives with. The one who lived through every milestone, every heartbreak, every triumph. The one who promised to never leave our side, no matter which guy came along. And then life happens...

Text messages before bed, rushed phone calls on the way to work, quick catch-ups after months of rescheduling: welcome to the friendships of your thirties. Career, responsibilities, romance and, eventually, marriage and babies mean our former number-one priority slowly slips down our frequently dialled numbers list. Despite what Hollywood may have you think, friendships are hard, and as we get older, some may readjust as life happens but, in reality, many don't.

"I think a lot of that unrealistic expectation comes from the very simplistic portrayal of women we get in mainstream media," says Natalie Kon-yu, a lecturer in creative writing, literature and gender studies at Melbourne's Victoria University and the co-author of *Just Between Us: Australian Writers Tell The Truth About Female Friendship.* "We simply don't see any examples of relationships between women in any real depth, which contributes to the mythology of female relationships."

As women, we share everything from trips to the bathroom, to homes, to heartbreaks. For many of us, our friends represent one of the deepest, most intimate connections we have, and in turn, can make us exceptionally vulnerable.

"As a woman and a psychologist, I was always curious about my friendships and those of the women around me," says Irene Levine, a professor of psychiatry at the New York University School of Medicine and author of Best Friends Forever: Surviving A Breakup With Your Best Friend. "I wondered why some survived while others ended. Writing [my book] gave me the opportunity to dig into the literature on female friendships and also to survey more than 1,500 women of different ages and lifestyles. I realised very quickly that women often struggle with their friendships because there are no 'rules of the road'. In fact, it's hard to know precisely when one begins and when it ends." Which, perhaps, makes the breakdown even harder to accept.

"Sex And The City was such a rare space in our cultural landscape," says Kon-yu. "It allowed us to



hear women talking to each other about the realities of life, but the idea that four such different women can continue to get along despite the fact their lives change immeasurably is completely unrealistic. It's a myth, and I think it's actually damaging to women, because you tend to blame yourself if you can't hold on to your friendships like that."

In our thirties, our once unbreakable bond with our besties often comes to a crisis by a slow, gradual death or a sudden collapse. For me, it was a sudden collapse. The best friend who carried me through my teens and twenties (and there were a number of occasions when she literally had to carry me home) had a huge influence on the person I was then, and when it devastatingly fell apart, just as I turned 30, it broke my heart like no man had ever done – and

took many years to heal. She wasn't in my wedding party, like I was in hers, and for a long time, that felt like a failure – on whose behalf, I was never quite sure. When I heard she was pregnant with her first child at the same time as me, I felt a deep sadness that I'd never had with any of my doomed romantic relationships. "We were meant to be doing this together," I thought. It was like there was a hole in my life where I thought she would always be.

"I remember when my best friend and I fell apart," admits Kon-yu. "I felt so ashamed of myself at not being able to maintain that friendship the way I thought I should." But she adds, "Realistically, when I looked back at the friendship, especially years later as I wrote my book, it was obvious that we had been two very different women, especially in our

⇒

twenties." Kon-yu says that she and her ex-BFF had such a strong need to identify with each another, that it was like they had thrown a blanket over the differences. "We tended not to see them - or at least I didn't see them – until they were very obvious."

Shasta Nelson, author of Friendships Don't Just Happen!, tells me one of the reasons a breakdown in female friendships can be so traumatic is because, unlike romantic relationships, we don't give them any chance for closure. "In romance, we spend countless hours 'talking' and 'trying again' and 'telling him what we need' and 'forgiving'. But in friendships, we feel betrayed when someone disappoints us and we all too often end up never really knowing what happened, nor are we willing to go through the fight to see if we could come out stronger on the other side. I've heard from hundreds of women who don't know why their best friends don't talk to them anymore." Sound familiar? "It's painful because we comprehend that marriage is hard work, but feel like something must be wrong with us if our friendships suffer similar problems.' It's like we instantly forget that all human relationships incur negotiating and hurt feelings. Newsflash: they do.

Or perhaps we're just wired this way? A landmark study out of UCLA on female friendships found that bonding with our girlfriends

We have to cull the ones that are draining and toxic, and be assertive about making new friends along the way" actually affects our stress hormones and

"We need to consistently nurture the friendships that are 'keepers'.

reduces the primal fight-or-flight response - proving that reaching for the phone to connect with your girlfriend is more than just social. The researchers called it our "tend and befriend" response (which, interestingly, is not evident in men) and, in short, we need our girlfriends in times of stress. Is it any wonder, then, that we tend to gloss over the tough bits, bite our tongue when we're upset and accept the countless rescheduling of catch-ups? And when things eventually start to get rocky, the fallout is dramatic because so many things have been left unsaid.

On the other hand, what about the women who are childless or unmarried? How do their friends' marriages and babies alter their relationships? "As many women embrace motherhood and all that entails, they don't have as much time for their friends without children. It can be devastating," says Michelle Marie McGrath, a life coach who works with women adjusting to not having children. "Of my closest friends who I grew up with, all of them have children and it's become hard to maintain those

friendships because they're not actually engaging with me in any deep way." She adds that for a friendship to last beyond major life changes, a strong sense of self and willingness to give is essential.

It may seem dark to think, but will we even still be friends with the women in our close circle in a decade? Is it worth the drama? Sometimes not, with research finding we end up replacing about half of our friends every seven years. "We need to consistently nurture the friendships that are 'keepers'," says Levine. "We have to cull the ones that are draining and toxic, and be assertive about making new friends along the way." To do this, we have to stop thinking of our girlfriends as secondary to marriage or family because, according to Levine, that mentality couldn't be further from the truth.

Emily Bitto, author of *The Strays*, a novel that reflects on the friendship between two girls, agrees."With your partner, you make sure you have date nights - the same should happen with your friends. I have some friends who I've been through some real ups and downs with, and have had to have some hard conversations with over the years, and that can be really tricky," she admits. "But to me, that's just part of a long-term

relationship. I guess you'd feel weird about going to couple counselling with your bestie, but maybe that could be a really good thing."

The truth is, a failed friendship is not always the result of being a bad friend - sometimes, it's just growth. Just as there may be more than one love in my life, there will be more than one best friend. And with that understanding, the pressure has changed. The slight bitterness over long periods between return phone calls has softened, and instead I'm reaching out and making more of an effort than I usually would. Now, I'm trying to send a little note to say I'm thinking of them, or making a surprise phone call on a Friday night to say "cheers", like we used to in person. In a way, I've started dating my girlfriends.

Sure, that high-school BFF is no longer on the scene, but in her place are friends who know me as an adult. And though our shared years may not be significant, thanks to an understanding of how much we can give each other at this time in our lives, the connection is. \Box





Wearable technology already acts like a personal trainer, but could it play the role of psychologist, too?

Alyx Gorman investigates a new mood-altering device and the impact of being constantly switched on

There are two reasons for this explosion in popularity: we now have tech small enough that wearing it is feasible; and our obsession with wellbeing means wearing a device that monitors our movements and heart rate is suddenly appealing.

Right now, the most hyped piece of wearable tech is the Apple Watch. A hybrid fitness tracker and smart



phone, it measures your workouts and reminds you to move more, while letting you check messages and follow directions from your wrist. Thanks to its LED heart-rate monitor and GPS connection, the Apple Watch can even determine if you're running or just frozen in one spot, freaking out with your heart pounding. And this is just the beginning - after all, when the first iPhone was released you couldn't even take a front-facing selfie on it.

Damon Ahola of design and innovation company Frog in New York has been researching wearable tech for years and agrees the best is yet to come. "I think a wearable has to be more beneficial than just, say, sending text messages," he says. "Right now, everyone has a mobile phone, so how is a watch better than new value into your life."

The ubiquity of smart phones has altered almost every aspect of our lives: the way we socialise, talk (emoji, anyone?), do business and navigate. It's turned instant accessibility and infinite distraction into intrinsic parts of 21st-century living - and we expect wearable tech to turn up this level of constant connectivity. For manufacturers of wearables, however, their aim is to make your experience "seamless". As those with the Apple Watch will know, receiving notifications via a tap of the wrist makes you reach for your smart phone less, not more - it's made life a little easier and made you engage less with technology.

"We're trying to remove friction from your life and create a better user experience," says Gwendolyn Smith, head of international communications at Jawbone - one of the world's largest manufacturers of wearable tech, including the UP fitness trackers. "Technology lets me multi-task. I can do the dishes while I talk to my mother on the phone."

Like the Apple Watch, the UP series of pendants and wristbands allows you to monitor your health, including how hard you get your heart pounding in spin class and how deeply you're sleeping. The UP3, for example, can analyse your resting heart rate (said to be the most consistent measure of heart health) and track the calories you've burned throughout the day. What's more, the band not only logs your quantity of sleep, but the quality, too, and has a vibrating alarm to wake you up when you're in the lightest phase of your sleep cycle. A more advanced version, the newly released UP4 (currently not available in Australia), can also be linked to an American Express card so you only need to tap your wrist on an in-store terminal to pay for something.

If you want a more subtle piece of wearable tech, the Spire is trending with Silicon Valley cool girls. The device clips onto your bra and monitors your breathing, steps and calories. If you're stressed out and starting to engage in shallow breathing, it tells you to take a deep breath, then uses the information it has gathered to take you through breathing exercises. Meanwhile, the Lumo Lift - a small brooch that sits under your collarbone - can figure out when you're slouching and prompt you to sit up straight again.

But one piece of tech goes even further; not just logging your mood, but altering it. Thync, founded by neuroscientist Jamie Tyler and entrepreneur Isy Goldwasser, is a wearable that enhances your control over your mind. Like a cup of coffee and a glass of red wine rolled into one, the device can bring you up, or chill you out, depending on the "vibe" you select: energy or calm. "This company started out as a scientific experiment," says Tyler. "We started initially with ultrasound and then moved to electrical stimulation. We found we could allow people to be more relaxed, or have more energy – almost like a switch." ⇒

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Thync (pictured above) launched in the US in June at a cost of \$410, with a planned global roll-out by the end of the year. Wearing it is a strange sensation – at first, the electricity feels like ants crawling under your skin. But after a while, it's the result that's most noticeable.

Kathleen Barcelo works for global beauty giant Coty. Last year, she was tasked with driving her elderly aunt and uncle 14 hours across the US. "I was a little bit stressed," she admits, presumably not helped by her husband, who's in the US Army, being in Afghanistan at the time.

Anticipating her spiking anxiety, she signed on to trial the Thync. The device, which she was instructed to stick to her forehead and the nape of her neck with a series of adhesive pads, was meant to lower her stress levels. Two days before the drive, she wired up and opened the mobile app that controls Thync. Sceptical, she set her vibe to calm. The first thing she felt was a tingling at her temple; then a sense of composure. Her angst over the drive dissipated and she started to breathe more

deeply. "After 20 minutes I felt a bit more relaxed, and a bit less stressed out from the day," she says.

Over the next two weeks, Barcelo, a self-confessed smart-phone junkie who has trouble switching off, used her Thync two or three times a day. "I tend to have trouble falling asleep at night as my thoughts are always racing... [Thync] forced me to relax."

In another trial, college students were given Thync in the lead-up to exams, using both vibes but primarily setting it to energy. "Some of the college kids we tested it on described it as similar to Adderall [a stimulant used to treat attention deficit hyperactivity disorder]," says Tyler. "It's motivating and great for when you want to get something done but you can't quite get yourself above the activation threshold."

Tyler says Thync's early adopters are people with high-pressure lives: big jobs or demanding family commitments. "Basically, anyone who has more to get done than the amount of time available allows." Any woman who has ever bailed on a friend because she was too wired from work (guilty) or skipped barre class because she just didn't feel up to it (so guilty) can empathise with the desire to tailor her mood.

The 2.5 billion cups of coffee consumed around the world every day and the \$1 trillion global alcohol industry suggest that we're pretty comfortable using chemicals to wind down or ramp up. While Tyler doesn't believe Thync will replace these substances, he says people will use it the same way – but without introducing new chemicals to the brain. "We think of our product as being quite organic," he says.

"It uses a language that your brain already understands – it's natural."

Thync works by stimulating either your sympathetic (fight or flight) or parasympathetic (rest and digest) nervous system. "We allow you to tune the balance of those two things so that [when you use the energy vibe] you're weighted towards the sympathetic, without much parasympathetic activity. A lot of drugs work in the same way."

Thync is, perhaps, the truest expression of the "always on" culture. If it takes off it will allow us, to some extent, to overcome the limitations of our minds. Right now, being able to turn ourselves on or off seems like a fabulous panacea to the ills of fast-paced living. Yet a life with less friction, where our accessories do menial chores for us and our mental state can be subdued with a swipe, could lead to increased expectations of productivity from our employers. Instead of gaining more leisure time, ease of communication blurs the boundaries between work and pleasure. In many jobs, smart phones come with the expectation that we'll always be on and ready to respond. Wearables that operate on the principle of "seamlessness" enable this new reality by allowing us to divert our attention towards things that seem more important – a report or deadline - than remembering to get up from our desk regularly.

But, just like with smart phones, if our obligations increase and we become wired women with neverending to-do lists, it won't be the fault of the wearables – it will be our own doing. Just because we can tune in with ever-increasing ease doesn't mean we have to.

future shock Channel the Jetsons with this next-level tech

BLUETOOTH BABYSITTERS New devices have been created that are worn on kids' wrists and will notify you when your little one breaches a pre-set safety area.

TEMPERATURE CONTROL Jawbone's UP technology can integrate with a Nest system thermostat to automatically turn down the heat in your house as you fall asleep.

ENERGY-EFFICIENT FASHION Smart fabric – that harnesses kinetic energy from your movement and uses it to power up devices – is currently in development.





EFASHION







Top, \$106, **Topshop**, (02) 8072 9300; pants, \$1,030, **Gucci**, 1300 442 878; earrings, \$280, **Ryan Storer**, ryanstorer.com (worn throughout); bag, \$1,440, **Marni**, (02) 9327 3809





Jacket, \$2,670, blouse, \$950, trousers, \$1,010, all **Prada**, (02) 9223 1688; earrings, \$670, **Marni**, (02) 9327 3809 (worn throughout)





Dress, \$3,890, **Salvatore Ferragamo**, 1300 095 224; earrings, \$475, **Marni**, (02) 9327 3809 (worn throughout)









Top, \$295, **Josh Goot**, joshgoot.com; skirt, \$615, **T By Alexander Wang**, Incu, (02) 9266 0244; bag, \$1,369, **Longchamp**, 1800 083 355

Photography: Simon Upton. Hair: Michele McQuillan at MAP using Fudge. Makeup: Linda Jefferyes at The Artist Group. Model: Maggie Laine at IMG









Dress, \$495, skirt, \$320, both **LP33.3**, lp333.com



















Top, \$2,490, pants, \$1,010, heels, \$1,070, brooches, \$1,030 each, bag, \$3,170, all **Prada**, (02) 9223 1688



Cape, \$POA, turtleneck, \$POA, skirt, \$POA, all **Salvatore Ferragamo**, 1300 095 224; earrings, \$720, **Aurelie Bidermann**, aureliebidermann.com; gloves, \$668, **Lanvin**, net-a-porter.com









Top, \$1,700, pants, \$7,000, heels, \$2,430, bra, \$800, belt, \$2,630, all **Louis Vuitton**, au.louisvuitton.com







Jacket, \$3,899, blouse, \$1,699, both Ralph Lauren, ralphlauren.com.au





Jumper, \$3,310, skirt, \$8,045, both **Hermès**, (02) 9287 3200

Makeup: Mickael Noiselet at Calliste using L'Oréal Paris. Hair: Kenna at Art Department. Manicure: Lorandy at Backstage Agency. Model: Luma Grothe at Oui Management. Producer: Anna Bliznyuk. Project manager/fashion editor: Charlotte Deffe

The familiar face of countless brands has come to terms with being herself.

Damien Woolnough discovers why *Jennifer Hawkins is finally at ease*

osition vacant. Job requirements: create your own line of swimwear; develop a range of tanning products; host a national television series; represent a major department store; make occasional appearances down the runway; and always be photo-ready for the paparazzi. Must be prepared for domestic and international travel and snuggling sessions with a ridiculously hot husband. Pay: a lot.

Stop updating your LinkedIn profile; the job has been taken since Australia's most recognisable grown-up girl-next-door was crowned Miss Universe in 2004 – and Jennifer Hawkins isn't planning on vacating the position anytime soon. It's all worked out remarkably well for a role she created by default after entering a beauty pageant.

"It is surreal," says Hawkins, 31. "It's not like you think about these things at the time they happen. You don't know where they can lead. When you're 20, you're just seeing where life takes you and you're open to almost anything. Winning Miss Universe certainly gave me opportunities I never expected."

The coveted crown and sash placed the self-confessed introvert in the spotlight, first internationally, during a year based in New York and travelling the world representing the pageant, and then into the broad bosom of middle Australia as the ever-smiling face of department store Myer.

"The first three months of being Miss Universe were a real blur. I was missing my family and travelling so much," she says. "Being recognised in South America and in Mexico was scary. I was just this girl from Australia. Then when I came back home there were cameras everywhere. That's when I realised this wasn't going to end."

A tipping point was the infamous skirt dropping incident, when Hawkins inadvertently bared more than she expected during a shopping centre appearance, making headlines and inspiring smutty captions around the world. "That was really emotional. Afterwards I was with my parents and they put things in perspective. They showed me that I had these incredible opportunities that I could make the most of and that's when I started to enjoy myself. Everything was better. I could see that people

were relating and responding to me – that's why I kept going. It was a fun lifestyle. And then I bought my first property."

So far it sounds like a fairytale fit for a former cheerleader: from Newcastle, New South Wales to New York, then Sydney's A-list. A humble Hawkins is the first to admit that chance played a hefty part in her rise to fame – Miss Universe 2004 runner-up Shandi Finnessey was last seen on a failed *The Bachelor*-style show and has been cast in the low-budget film *Bachelorette Party Massacre*. But it's also Hawkins' work ethic that has taken her from beauty queen to brand, and transformed that first property into an enviable portfolio.

"I'm not just a clothes horse," she says. "Being a personality, you work closely with these companies. You see the marketing side and you see the essence. I've got a lot out of that. It's really cool."

What's even cooler is the passion Hawkins has for her latest venture, a line of tanning products called Jbronze, and the way she is putting her experience as an ambassador to use building her own empire.

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Dress, \$522, **Self-Portrait**, self-portrait-studio.com; bra, \$49.95, briefs, \$30, both **Heidi Klum Intimates**, heidiklumintimates.com.au





"It started when the tanning products I was using were giving my skin breakouts, which didn't do much for my confidence. I was also after a product I could use that wouldn't stink on set when I'm working in TV," she explains. "It took a lot of time and a lot of different ingredients to get this completely perfect. This is about making women have a second layer of skin. It's about having confidence and becoming your alter ego. A lot of women are not so confident all the time."

Pilates, running, yoga and meditation have helped Hawkins build her own confidence in the public eye, as well as keeping her body taut, toned and the object of well-earned admiration from everyone on the intimate ELLE shoot. There's also a healthy dose of perspective. When Hawkins looks back at the beginning of her unique career, there is a mixture of awe, gratitude and appreciation for where she is today. "You become who you are," she says. "Some people like me. Some don't. I have my family and friends and I live my life authentically. I'm surrounded by a great team. And I have Jake."

Hawkins wed her partner in property development, Jake Wall, in a relaxed Bali ceremony in 2013, wearing a Maticevski gown. The photogenic pair recently returned from a break in Positano, following her hosting duties on *Australia's Next Top Model.* "It's one of my favourite places on the planet," she says. "The pasta is incredible. It's too good to resist – so you have to throw in a few extra morning runs."

With Wall's support and plenty of experience, she has the job of being Jennifer Hawkins nailed. "People tend to know me for who I am and where I come from. When I meet people they treat me like they know me. It's awkward to talk about but I can say I'm down to earth. I am. I don't think the sun shines out of my arse. I'm making the most of what I have."



Bodice, \$8,500, **Maticevski**, tonimaticevski.com; necklace, \$155, **By Charlotte**, bycharlotte.com.au









to the iconic American label, as seen at the AW15-16 show

n a sweltering New York day, Stuart Vevers is holding court in the light-filled sunroom of his West Village apartment. The luminous setting seems appropriate for fashion's current golden boy, whose impressive career path has been paved with hit after hit - see: Luella Bartley's Gisele bag, Givenchy's Pumpkin and Mulberry's Emmy, all of which were graced by Vevers' Midas touch. Couple those creations - and other fruits of the designer's tenures at Calvin Klein, Bottega Veneta, Loewe and Louis Vuitton – with his status as a former winner of the British Fashion Council's prestigious Accessory Designer of the Year award, and it's little wonder Coach enlisted his help to awaken the sleeping giant of a brand. ⇒

THE FAST 5 WITH STUART VEVERS

The self-confessed pop-culture vulture spills on what makes him tick

ALL-TIME FAVOURITE MOVIE: "Jaws. There are so many things about that movie that I love. The tension, the look and the style." FAVOURITE ALBUM: "It's a British band from the '80s called Five Star and the album is Silk & Steel. It's definitely a throwback to my early years." FAVOURITE ARTWORK: "My dream is to own an Andy Warhol 'Diamond Dust Shoes'." FAVOURITE DRINK: "A French red wine." SOMETHING YOU CAN'T LIVE WITHOUT: "My cherry lip balm. As long as I have the keys to my apartment

and my cherry lip balm, I'm happy."







The glamorous new Winter Gardens collection, complete with Swarovski's signature sparkle, takes inspiration from the beauty of nature. Our favourite: the "Daphne" pendants, which combine intricate, stylised butterfly wings and classic crystals in rich gemstone colours.

> MARC CAIN With its soft silhouettes and crisp whites, the SS15 collection from Marc Cain Sports is full of effortless spring pieces. Fresh, feminine and modern, it'll keep you looking cool when the weather warms up. marc-cain.com

From \$299; swarovski.com

This month we're planning our spring wardrobe and making sweet treats in the kitchen

SMEG

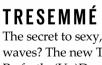
The elegantly simple '50s-style Smeg stand mixer is already a market leader, with two major international design awards to its name. But it has substance as well as style - its powerful 800-watt motor makes whipping up cakes and biscuits a pleasure. \$799; smeg50style.com.au

NESPRESSO

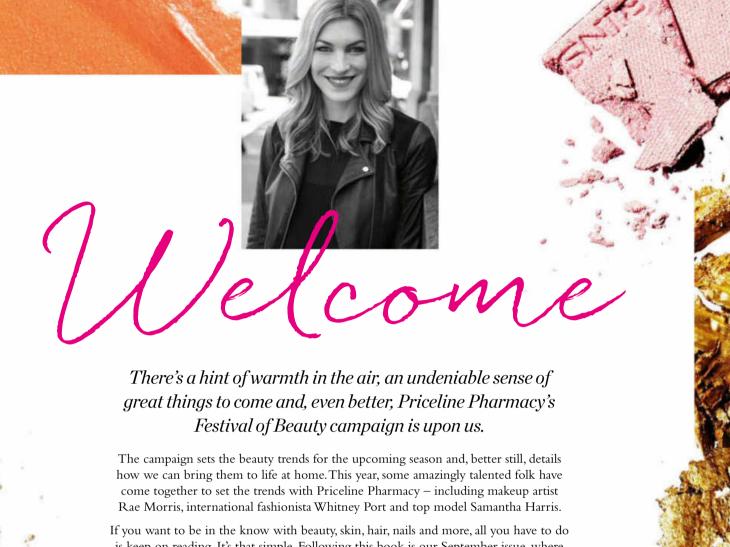
The best wake-up calls come courtesy of Nespresso. Whether you want to shake off your slumber gently or get an instant pick-me-up, the Breakfast 5-Sleeve Assortment has a range of popular Grands Crus so you can tailor your morning ritual. \$35 for a pack of five sleeves; nespresso.com







The secret to sexy, lived-in waves? The new TRESemmé Perfectly (Un)Done collection, which infuses hair with sea kelp extract for a natural effect. Team the Silicone-free Weightless Shampoo and Weightless Moisturising Conditioner with the Sea Salt Spray for effortless yet long-lasting style. \$10.99 each for shampoo and conditioner, \$8.99 for salt spray; 1800 061 027



If you want to be in the know with beauty, skin, hair, nails and more, all you have to do is keep on reading. It's that simple. Following this book is our September issue, where we've packed the beauty section full of the best tips and must-have products you'll need for the new season. First up is our biannual trend report. Contributing Beauty Editor Sara McLean dissected dozens of runway looks to create the ultimate edit of the hottest new makeup trends. (My favourite? Bronzer as blush – it's a chic, subtle alternative to contouring). And don't worry, none of them will be tricky after you read our massive How To Do Everything guide. Our Beauty and Lifestyle Associate, Amy Starr, compiled the ultimate cheat sheet for mastering every makeup and hair technique.

I suggest tearing that one out and keeping it forever. Enjoy!

Gunno

JANNA JOHNSON O'TOOLE

ELLE Beauty and Fitness Director

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SUN WARRIORS

Prevent damage – and the need to buy expensive anti-ageing product later – by learning how to protect your skin properly.

Dr. LeWinn's Private Formula Day Cream Moisturer Light SPF15, 50mL, \$49.99 Prices are Priceline's normal national selling prices and are subject to change. Prices and stock may vary from store to store and online. While stocks last, "Available in selected stores. Call Customer Service on 1300 88.44 if for your nearest stocksit. Adlways read the label. Use only as directed. ASMI 25156-0715. Whitney wears playsuit by Pink Stitch. ENERGISING DAY CREAM Nivea Q10plus Anti-Wrinkle Energising Day Cream SPF15, 50mL, \$19.99 SunSense¥ Anti-Ageing Face anti-ageing face Matte SPF 50+, 100mL, \$20.99

WHILE THE DEBATE RAGES ON about how much sun exposure we need and the potential harm of chemical sunscreens, let's take a moment to acknowledge this: if we burn our skin, we damage it. Pretty simple, huh? Constant exposure to UVA rays, which can travel through glass, damages collagen and causes accelerated ageing, while UVB rays cause burning and cancerous changes.

SUN SAFE TIPS

Tip 1 Apply sunscreen 30 minutes before being in the sun. It'll be well absorbed and less likely to wash off when you perspire.

Tip 2 Remember to reapply sunscreen after swimming or strenuous exercise.

Tip 3 Before use, shake the bottle well to mix particles that might be clumped up in the container. Consider using the new spray-on or stick types of sunscreen.

Tip 4 Apply enough. A good rule of thumb? A handful covers your entire body.

Tip 5 Apply thickly and thoroughly, including on the ears, back, shoulders, and on the backs of your knees and legs.

Tip 6 Pick a broad-spectrum sunscreen that protects against UVA and UVB rays and has an SPF of 15 or more.

Tip 7 Use a water-based sunscreen if you have oily skin or are prone to acne.

Tip 8 Be aware of the expiration date, as some sunscreen ingredients might degrade over time.

Tip 9 Apply a restorative night cream before bed to rehydrate skin. Choose one that protects against free radical damage (which can cause premature ageing).

Rosehip by Essano Moisture Restorative Night Crème, 50g, \$19.99





Neutrogena

HYDRO BOOST



Moisturising Foaming Cleanser Mask for Intense Hydration



Eye Roll On

Eye cream with rollerball applicator. Continuously release moisture around the eye area to help reduce dullness for a brighter looking eye area



Water Gel

Dally facial moisturiser doubles your moisture levels in just 1 hour



Night Concentrate

Night facial moisturiser with 'progressive release system' so you wake up to amazingly hydrated, soft and supple skin



SPF 15 Gel

Long lasting hydration with UVA/UVB protection, helps to reduce appearance of fine lines and wrinkles.

CLEANSING WIPES

These on-the-go wipes are great for removing makeup and refreshing your skin during the day.

Simple Micellar Wipes, pack of 25, \$7,99

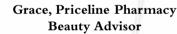
OIL **CLEANSER**

Oils are a great pre-cleanser as they dissolve makeup and remove even waterproof makeup and sunscreen with ease. When water is added, it creates a milk texture and makes it easy to use with a cotton pad to remove makeup. Do this first, then continue with your favourite cleanser for a deeper clean.

Thursday Plantation Oil Cleanser,125mL, \$17.99; Palmer's Cocoa Butter Formula Ultra Gentle Facial Cleansing Oil, 192mL, \$14.99



The varieties of cleansers are vast and confusing. Let's clear things up!



Cleansing is an essential part of your skincare routine, designed to remove dead skin cells, dirt, oil and makeup. Choose the right cleanser for your skin type and it won't have a negative effect on your skin. With so many cleansing products available, it's possible to find one that's just right for you. Unsure what to go for? Just book in with your local Priceline Pharmacy Beauty Advisor.

Book an express 15-minute consultation with a Beauty Advisor in store or online at bookings.priceline.

FOAMING CLEANSER

197ml/65fl.oz

These are suitable for oily, blemished skin types as they often contain an antiseptic and germicidal agent which helps disinfect and heal the skin. Use a witch hazel toner and oil-free moisturiser over the top to help stop free radicals (air pollution) getting absorbed into your skin.

Neutrogena® Hydro Boost Foaming Cleanser, 150mL, \$14.99



CREAM CLEANSER

Suitable for normal, dry and sensitive skin types, cream cleansers are usually oil-based and very effective when it comes to makeup removal. Use with a rose water-based toner and a serum or oil for rehydrating the skin.

Derma E Firming Cleanser, 175mL, \$19.99; Derma E Soothing Cleanser, 175mL,\$19.99





derma e

Firming

Cleanser

With Alpha Lipoic and C-Ester

DMAE

Nettoyant facial

6 N oz / 175 ml €





instant

GOLDEN GIRL

For bikini-ready but safe skin, follow our tips for faking it with self-tan.

FACE FIRST

For a truly seamless tan, don't forget the face! Apply a light moisturising lotion and then a thin layer of self-tanner specifically for face (which should be a lighter version than the body).

PREP IS EVERYTHING

A smooth surface = even tan, so two days before you plan to tan, give your body a good, all-over scrub. Then apply body lotion generously over a couple of days to ensure skin is hydrated and smooth.

SMOOTH IT OVER

Apply body lotion to rough areas like knees, elbows and heels where developed tan tends to stain and clump, then apply tanning lotion all over.

PROTECT YOUR PORES

Wait at least half an hour after a shower to apply tan to prevent it discolouring open pores.

DON'T RUB IT IN

Read instructions carefully as some heavily tinted tanning solutions work better if smoothed over skin, not rubbed in.

FOR DEEPER COLOUR

Use a shimmering body oil to intensify the colour of your tan and give skin a golden glow.

OVERNIGHT PREP

If you need to shave or wax, do so the day or night before tanning because they will remove a tan if you attempt it afterwards.

TROUBLE AND OIL

Don't use anything oil based on skin before tanning as it will act as a barrier and prevent an even application.

HIGHLIGHTER TRICKS

Give legs a sexy sheen once your tan has developed by using a rich, shimmer stick down the shins and along collarbones with the light catches.

FIRST TIMERS

If you're self-tanner challenged, try a gradual tan with a lower DHA (tanning agent) so mistakes are less noticeable.

ADD A MITT TO YOUR KIT

Invest in a tan removing mitt. They are usually designed with a coarser side for stubborn removal and a finer side for gentler removal and also pre tan prep.

TALC TIP

If you apply tanning lotion or mousse on a hot day and know you are going to sweat, dust talc lightly over your whole body to prevent streaks.

COMBINE AND CONQUER

Use a combo of lotion and spray to ensure your whole body is covered. Just make sure they are the same brand to ensure an even colour.

1. Bondi Sands Self Tanning Foam in Dark, 200mL, \$19.99; 2. Le Tan Foaming Mousse, 110mL, \$13.49; 3. J Bronze Dark Tanning Mousse, 150mL, \$39.99; 4. Minetan Ash Onyx Foam in Super Dark, 200mL, \$29.99; 5. Le Tan Wash off Spray, 100g, \$14.99; 6. St. Tropez Express Mousse, \$59.99; 7. Le Tan in Le Can Dark Bronze, 150g, \$15.49; 8. Vita Liberata Tinted Self Tan Mousse Rapid, 100mL, \$55.99; 9. Modelco One Hour Tan Mousse, 200mL, \$19.99



ces are Priceline's normal national selling prices and are subject to change. Prices and stock may vary from store to store donline. While stocks last. "Available in selected stores. Call Customer Service on 1300 88 44 11 for your nearest stockist, odel wears swimsuit by Suboo.

EXPRESS DARK

--200-676-e MODEL©

DARK TANNING



MODELSPREFER

MODELSPREFER LOWELUXURY



THE LOOK IS NATURAL AND THE DESTINATION IS MODELS PREFER.

FIND US IN THE COSMETICS & SKINCARE SECTION OF YOUR LOCAL PRICELINE STORE.

BB AQUA FOCUS

- HYBRID FORMULA

ARGAN INFUSION

BUILDABLE COVERAGE

PAW PAW BALM

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BEAUTY TIP To maintain glow, highlight your cheek and brow bone with illuminator, but keep your T-zone powdered or matte – a great skin finish for selfies! LAVENDER EYES Pastels are all grown up – and are a key runway trend this season.





Prices are Priceline's normal national selling prices and are subject to change. Prices and stock may vary from store to store and online. While stocks last. Model wears dress by H&M.



360g, \$7.99

BEAUTY TIP A dark mahogany shade will suit any skin tone, as it's both cool and warm on the colour wheel. DARK ROMÁNCE Rich wine tones were big for AW15-16, and our love affair is set to continue right through the warmer months.



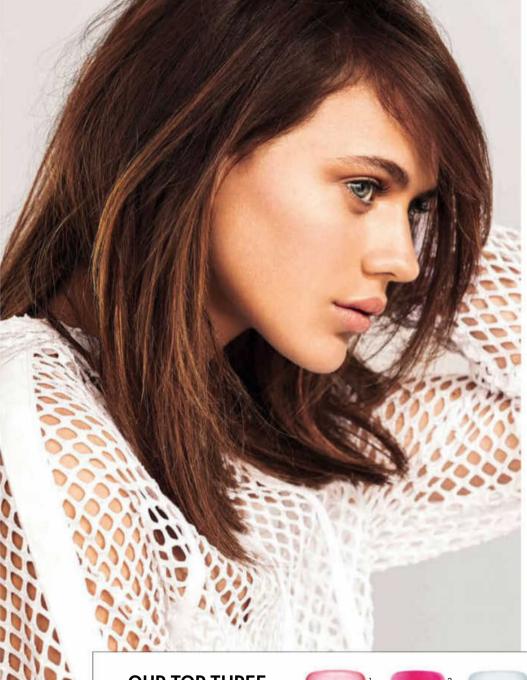
BOLD METALS COLLECTION

A premium collection of 7 make-up brushes. Inspired by luxury, designed for results.

Designed with renowned make-up artists Sam and Nic Chapman. Each brush features ultra fine hair fibres individually tapered for luxurious softness. Refined artistry cuts offer high performance and mastery of any look, Weighted handles are engineered for maximum control and comfort.

www.realtechniques.com.au





GET THE LOB

It's the cut du jour and for good reason. The LOB (long bob) means snipping ends to the collarbone. This creates instant chicness and rids of damaged or split ends, while also allowing for multiple style options.

OUR TOP THREE LOB STYLES

- 1. Off-kilter Create a deep side part and iron it smooth. This side part will make the ends edgy, graphic and cool.
- **2.** *Textured* Use tongs to create loose waves, lightly spray, then rake through the hair with your fingers for a sexy, unkempt look.
- 3. Glamorous The shorter length lends itself to a more 'set' style. Think Mad Men-esque finger waves Betty Draper was so fond of. Use quality products to maintain shine.









rices are Priceline's normal national selling prices and cotange. Prices and stock may vary from store to sto While stocks last. "Available in selected stores. Call C. ervice on 1300 88 44 11 for your nearest stockist.

1. *TRESemmé Perfectly (Un)done Ultra Brushable Hair Spray, 250mL, \$8,99; 2. *Lee Stafford Beach Babe Sea Salt Spray, 150mL, \$13.65; 3. *Charles Worthington Instant Root Concealer, 75mL, \$17,99; 4. *Pantene Ultimate 10 BB Crème For Hair, 135mL, \$10.99; 5. Fructis Full & Luscious Shampoo, 250mL, \$5,95; 6. *Lady Jayne Smooth & Knotless Everyday Detangling Brush Small, \$10.59

ELLE

NEXT MONTH

SPRING RACING SPECIAL HATS ON!



PHOTOGRAPHY: PETE DALY. STYLING: DANNIELLE CARTISANO. NINJA WEARS: HEADPIECE. \$269, FIONA BY FIONA POWELL, MYFR. 1800 811 611: SINGI ASSES. \$250. PARED, PARED, COM ALI: CLUTCH \$119, CLICA BERG, MYFR. 1800 811 611

Wonder'full Wake Me Up Mascara, \$17.95, **Rimmel London**, 1800 812 663

The undulating brush gets to every lash

Lash Sensational Full Fan Effect Mascara, \$21.95, Maybelline New York, 1300 369 327

Multi-length bristles give max lash stretch

NEW-SEASON COATS

Your beauty bag MVP just scored an upgrade. Brush up on these eye-opening innovations.

Audacious Mascara in Black Moon, \$39, **Nars**, mecca.com.au

Spikes on the tip means corners are covered

Staggered bristles catch tiny lashes

They're Real Mascara, \$38, **Benefit**, myer.com.au False Lash Butterfly Wings Intenza Mascara, \$25.95, L'Oréal Paris, 1300 659 359

The matt finish is super black



The moulded rubber combs and separates

Extra Lash Sculpting Mascara, \$39, Laura Mercier, (02) 9663 4277

With matching eyeliner for faster flicks

Lash + Line Superlash Mascara And Liquid Liner, \$24, **ModelCo**, modelcocosmetics.com





Dense fibres minimise clumps

Full Lash Volume Mascara, \$50, Shiseido, (02) 9695 5678



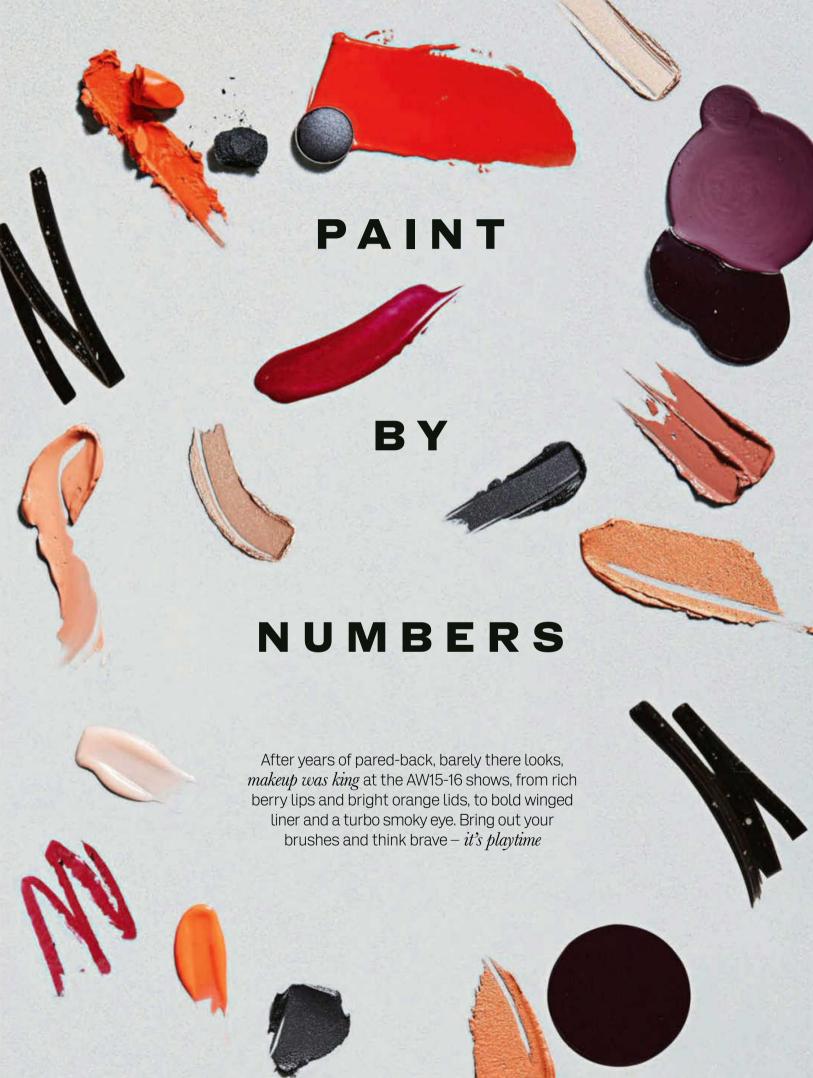
Cashmere Matte Nail Lacquer in All Eyes On Nudes, \$16.95, Essie, 1300 369 327

WELCOME (BACK) MATT For a fresh take on shine-free fingertips, keep the colour neutral. Sweetie Heart

Matte Pastel Nail Colour

in You're Mine, \$5.95, Rimmel

London,















Nods to the '90s have popped up backstage for a few seasons, and this time it took the form of a clear-gloss throwback, with natural, shiny lips seen at Christopher Kane, Giambattista Valli, Rodarte and Roland Mouret (pictured). Totally transparent glosses offer an instantly fresh and youthful feel, but if you need a little colour to warm up your complexion take your cue from the girls at Fendi, who sported slick pouts that threw a hint of peony pink.

ORANGE

SLICES

Sweet Kiss Gloss in Orange Pressée, \$22, **Bourjois Paris**, 1300 884 411

> Master Glaze Blush Stick Sheen, \$15.95, **Maybelline** New York, 1300 884 411

> > Apocalips Lip Lacquer in Orange-Ology, \$15.95, Rimmel London, 1300 884 411

Eye Tint in Sunrise, \$53, Giorgio Armani, 1300 651 991



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8 8 8 8 8 8 8 8 8 8 8 then ahero comes along A-listers and industry addicts share the beauty essentials they won't face the world without







"I've tried nearly every dry shampoo on the market and I always go back to Klorane. It refreshes and volumises without any grittiness."

- JANNA JOHNSON

O'TOOLE, ELLE'S BEAUTY

AND FITNESS DIRECTOR Extra Gentle Oat Milk Dry Shampoo, \$13.95, Klorane, 1300 884 411



"I love St Tropez bronzing spray, because you can easily do a face spray and then you don't need makeup. Just a bit of tan with mascara creates my favourite natural look."

- LOU TEASDALE, LONDON-BASED

CELEBRITY HAIRSTYLIST

Self Tan Dark Bronzing Spray, \$44.99, St Tropez, 1300 884 411

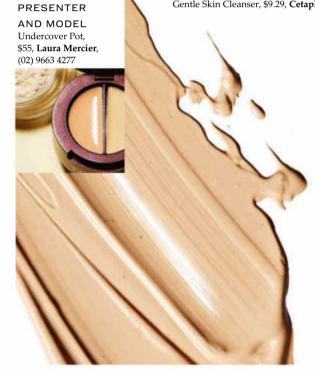
"My signature makeup look is pared back. I always use a Laura Mercier concealer."

- ALEXA CHUNG,



"I wash my face with Cetaphil cleanser. I've been using it since I was a kid – my dermatologist recommended it and it's been an essential ever since."

- BIANCA SPENDER, DESIGNER Gentle Skin Cleanser, \$9.29, Cetaphil, 1300 884 411



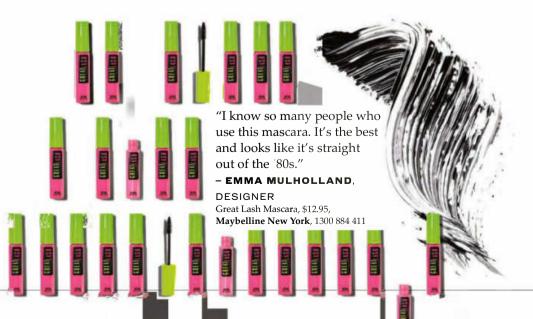
"I love Lucas' Papaw Ointment. I stock up when I'm in Oz."

- POPPY

DELEVINGNE.

MODEL Lucas' Papaw Ointment, \$5.99, Lucas' Papaw Remedies, 1300 884 411





"I don't have to worry about moisturiser, foundation or concealer when I use a hydrating BB cream. I use L'Oréal Paris BB Cream in the morning after I shower and rinse my face." ⇒

- DOUTZEN KROES. MODEL Nude Magique BB Cream, \$26.95, L'Oréal Paris, 1300 884 411



≰ELLE.COM.AU @ELLEAUS





"L'Oréal Paris Volume Million Lashes was the first mascara I bought and it's still one of my favourites. Whenever I want dark, sexy, classic-looking lashes, I reach for it."

- NICOLE TRUNFIO, MODEL Volume Million Lashes in Extra Black, \$27.95, L'Oréal Paris, 1300 884 411



"I can't live without Sanctuary Spa facial oil. Massaged lightly into the face, it boosts circulation and gives a radiant, healthy glow."

- NICHOLA JOSS, SANCTUARY SPA SKINCARE EXPERT Youth Boosting Therapist's Secret Facial Oil, \$29.99, Sanctuary Spa, 1300 884 411



"I decided to create my own tinted moisturiser when my favourite one was discontinued. It's my ultimate go-to product."

- JESS HART, MODEL AND CREATOR OF LUMA Tinted Moisturiser SPF 15, \$24.95, Luma, 1300 884 411



"Taft hairspray is *the* best.

Apparently it's a favourite among grannies, but I can't live without it."

- ELLE FERGUSON, BLOGGER, THEY ALL HATE US Taft Styling Hairspray Strong Hold, \$4.39, Schwarzkopf, 1300 884 411



"Super-hydrating and softly tinted, this Saturday-night staple goes the extra mile when it comes to stretching out a spray tan, diffusing the appearance of veins and disguising dry patches."

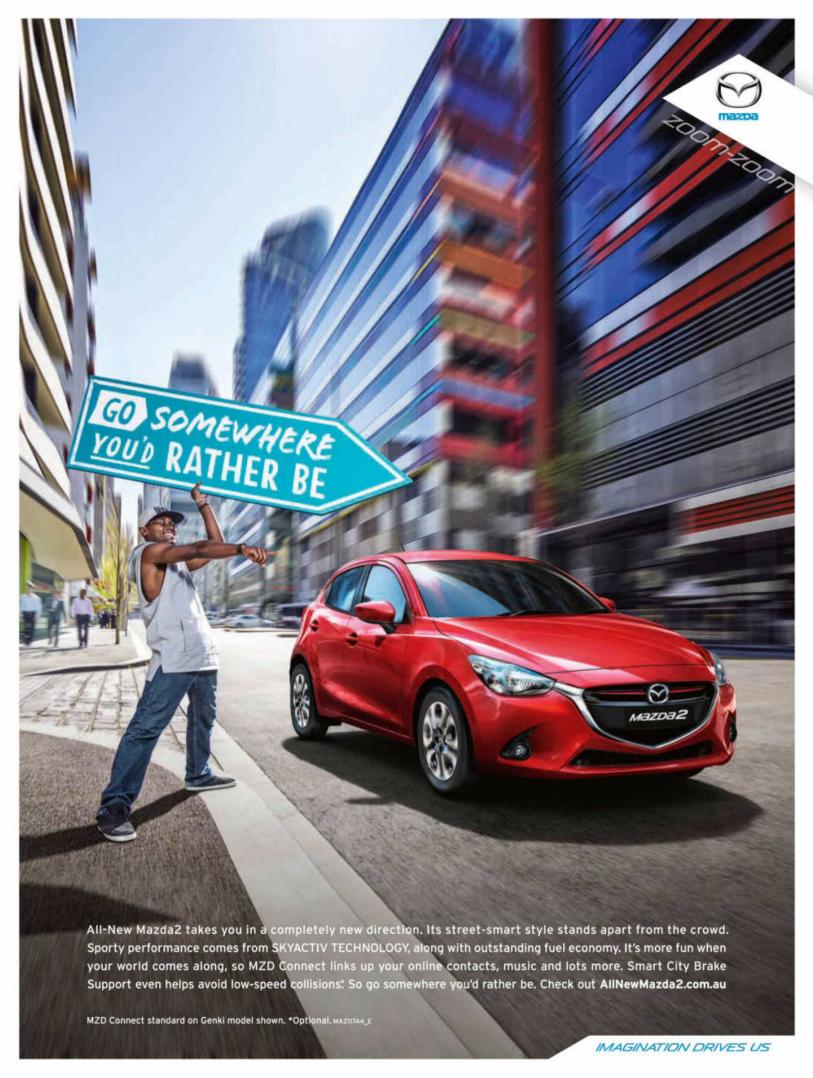
- SARA McLEAN, ELLE'S CONTRIBUTING BEAUTY EDITOR BB Body Perfecting Skin Cream in Light, \$14.99, Jergens, 1300 884 411



204 BEAUTY

"I love Swisspers face wipes. They're perfect for freshening up my skin on the go." □
- TASH SEFTON,

BLOGGER, THEY ALL HATE US Unscented Facial Cleansing Wipes, \$6, Swisspers, 1300 884 411





Plumps and firms without th

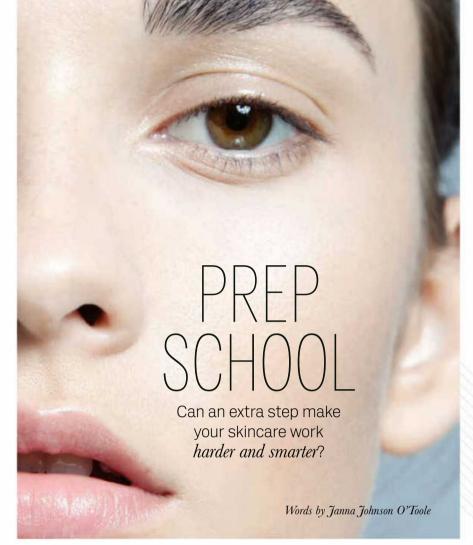
Now you can boost collagen formation by up to 300% for plumper, firmer skin in just 7 days,* without painful injections, with **Skin Doctors Beetox with Manuka Honey**.

Skin Doctors Beetox with Manuka Honey contains the bee venom compound Mel ttin, and the collagen treatment Trylagen®—a complex mix of peptides, amino acids, proteins and key enzymes. These ingredients trick the skin into thinking it has been lightly stung, instantly working to control facial muscles for cumulative tightening, lifting, plumping and firming of the skin. Collagen and elastin are then stimulated to help reverse the signs of ageing.

The Manuka Honey then ensures that your skin is properly nourished, renewed and revitalised.

Leaving your skin looking brighter, firmer and visibly younger.





emember the last time you got a manicure and the technician skipped the base coat? Me neither. Now the same premise – a small prep step with a significant end game – is inspiring a new beauty category: skin boosters.

Olay's latest innovation, the Regenerist Miracle Boost Youth Pre-Essence, is a light formula that combines niacinamide (vitamin B3) with ingredients that deliver a one-two punch of better product penetration and collagen stimulation. It's effective alone, but its real magic, they say, lies in its ability to make any product you apply afterwards more effective.

"Cell renewal slows down over time, which can impact the skin's ability to absorb ingredients," says Olay's head scientist David Khoo. "Miracle Boost re-energises cell renewal and doubles absorption, increasing effectiveness."

Boosters are laced with nourishing ingredients (in Olay's case, it's niacinamide) that reinforce the skin's outmost layer – the stratum corneum – which is vital to overall skin health. "A strong barrier is essential for maintaining the right pH balance in the skin, plus it helps regulate trans-epidermal water loss. When it's out of balance, skin becomes dry, dull and scaly," says Dr Greg Goodman, associate professor at the Dermatology Institute Of Victoria. "A healthy barrier is smooth, plump and glowing."

Healthier skin and products that work harder? Sounds like a deal we're willing to shake (our perfectly manicured) hands on. □



BEAUTY LEXICON: BOOSTER

WHAT?

A lightweight formula that claims to enhance the effectiveness of any products you apply afterwards.

WHEN?

Use it *after* cleansing and toning but *before* serums and creams.

WHY?

Active ingredients repair the stratum corneum, which improves skin health and product penetration.

Regenerist Miracle Boost Youth Pre-Essence, \$39.99, **Olay**, 1300 884 411

BONUS BOOSTERS





A COCKTAIL of botanicals, such as glasswort extract, sea fennel and flaxseed, reinforce the skin barrier. Superstart Skin Renewal Booster, \$85, Elizabeth Arden, 1800 015 500



AN ALL-NATURAL blend soothes sensitive skin and restores healthy glow. Ananda Antioxidant-Rich Gentle Toner, \$31.99, Antipodes, 1300 884 411









@MICHAELKORS

TÊTE-À-TÊTE

LADIES' MAN

The king of feel-good glamour, *Michael Kors*, talks fresh fragrances and natural beauty

rom that rose-gold watch gracing a girl's wrist at brunch to the impossible-to-miss MK hardware swinging off handbags on the morning commute, it's clear designer Michael Kors knows how to get inside a woman's head – and shopping basket. "As a designer, it's important to always know who your customers are," he says. "The Michael Kors woman is glamorous and on the go."

M/CHARF The latest focus for the New York-based fashion mogul is his new fragrance range, The Gold Collection a trio of scents (Rose, White and 24K) sparked by his love for pairing the luxury metal with a just-back-from-Cannes tan. "My fragrances are inspired by the same things that inspire my designs and they're made for the same customer," says Kors, who's proud of his label's anti-you-can't-sitwith-us mentality. "For many women, beauty and fragrance are the finishing touch after accessories, and someone who maybe hasn't been able to buy a bag or watch yet can still buy the fragrance and feel like part of the brand."

Of the three scents, it's no surprise 24K Brilliant Gold is the most opulent, teaming zesty orange-mandarin with florals and a sexy woody dry-down. Brighter and fruitier than its sisters, White Luminous Gold is perfect for daytime, with pear, jasmine and amber at the base. And Rose Radiant Gold is a feminine mix of spices and musks, balanced out with rich florals. Essentially, they're spray-on versions of that holiday feeling Kors himself can't get enough of. "I'm a big believer in everyday glamour and helping

a woman feel special no matter where the day takes her."

Here, he reveals the other beauty rules he lives by – both personally and on the runway.

AT NEW YORK FASHION WEEK THE GLOWING AND GORGEOUS MICHAEL KORS BEAUTY LOOKS ARE ALWAYS A HIGHLIGHT. HOW INVOLVED ARE YOU IN THE PROCESS?

> I'm a very hands-on designer, so I work closely with makeup artist Dick Page and hairstylist Orlando Pita to conceive the overall look. I like the beauty and hair to look natural because I want women to be able to picture themselves in the clothes - I don't do anything just for the runway. The look varies, but we're always going to have a sun-kissed, healthy glow, not-too-perfect

healthy glow, not-too-perfect hair and a natural touch.

YOU'RE KNOWN FOR YOUR
MINIMALIST PERSONAL STYLE

- DOES YOUR GROOMING ROUTINE
REFLECT THIS?

It does. I use Klorane's chamomile shampoo and conditioner – they're a blonde's best friend and keep my colour from going flat. I use a bit of Kiehl's face cream, and I love La Mer's The Lip Balm because it's so moisturising. A holiday glow is essential so when I need to stretch my tan a bit, I use Jergens' gradual-tanning moisturiser. WHAT ARE YOUR FAVOURITE SCENTS? Fragrances complete a look. I love jasmine because it instantly transports you to a tropical resort. I always travel with the jasmine Diptyque candle; it helps make anywhere feel like home. □





open Sky

With a new album, two films and a major fragrance campaign, Sky Ferreira's bad-girl persona is good business

aring, edgy, playful... and a bit rebellious."
That's how Jimmy Choo's creative director
Sandra Choi describes the luxe UK brand's
latest fragrance, Illicit. Hitting shelves this
month, the scent will see Jimmy Choo
truly cement its presence in the \$30 billion-a-year
perfume industry – and playing a key role in
bringing Choi's vision to fruition is the real-life
embodiment of those four adjectives: American
musician, actor and model Sky Ferreira.

Raised in California's Venice Beach, Ferreira shot to fame in 2013 after the much-delayed release of her debut album *Night Time, My Time*. Since then, the 23-year-old has become one of the most recognisable faces of a generation, attracting attention for her sharp-witted, artfully nuanced pop and her striking Hedi Slimane-endorsed look

not to mention a good dose of tabloid controversy.
Public disagreements with her record label, an arrest for drug possession and NSFW topless album artwork, shot by Gaspar Noé, combine to paint
Ferreira in a contentious light – and given her choice of style icon, it's not surprising. "Debbie Harry was a great influence growing up," she says. "One thing we have in common is that she has an edge but is very feminine and also doesn't give a fuck. She's the Marilyn Monroe of rock music."

Yet make no mistake, behind the scenes (and headlines) Ferreira boasts a fierce work ethic. As well as appearing in two feature-length films, she's also been working on her much-anticipated second album, *Masochism*. With heavier production and a stronger focus on an electronic sound, the album looks set to move her craft forward and illustrates



her desire for authenticity. "What I learned last time is that when I stopped thinking about what everyone wanted me to do, I was able to make the album I wanted to," she says of the battles she faced to get her debut released. "If I stand behind my work then I don't care what people think. My mentality with Masochism is I want to take risks."

Between recordings, Ferreira threw herself into acting with roles in The Trust, alongside Nicolas Cage and Elijah Wood, and the Liza Johnson-directed *Elvis & Nixon*, both currently in post-production. "Singing and acting are very vulnerable places to be," she says. "But when it comes to music there's more pressure and judgement as it's just you - there are no costumes or cameras or anything to hide behind. Sometimes I feel like there are two Sky Ferreiras."

It was amid filming and recording that the call came from Jimmy Choo. So what made the Illicit campaign appeal to Ferreira? "I feel like it's the Debbie Harry thing again. Illicit is edgy but also very feminine," she says. "The campaign shows a more sophisticated side of me that a lot of people haven't seen. I've grown and matured as a person and I feel that [Illicit] takes what I already have but moves it forward a little bit."

Choi agrees, seeing Ferreira as the perfect ambassador for a new customer. "Sky is a Jimmy Choo woman in the making," she says. "She's finding herself and is not quite there yet - she's a bit of a raw diamond."

Helping get the best out of this "raw" talent was Ferreira's friend and acclaimed photographer Steven Klein, who Choi says was instrumental in getting Ferreira on board. His campaign shoot sees the star photographed with hazy pink lighting against a muted LA backdrop, her hair long and glamorous, her makeup soft and sexy. "We wanted something a bit zingy but with sensuality at its core," Choi says of the campaign, which was photographed in Hollywood. "We wanted to soften Sky; her personal expression is very rock'n'roll and we wanted to bring her into the world of glamour."

Ferreira has come a long way since her early encounters with perfume. As a teenager ("surrounded by insecurities and starting to get into boys") she was influenced by what her mum wore as well as the ads she saw. "I didn't have money to

MATURED, AND **ILLICIT TAKES** WHAT I ALREADY HAVE BUT MOVES IT FORWARD A LITTLE BIT"



Illicit EDP, \$145 for 100ml, Jimmy Choo, available exclusively at Myer from September 1

spend on perfume so I was always rubbing magazine pages onto myself or going to every counter in the mall and trying things on in what must have been a horrible cocktail. Now I like something sophisticated that I can wear day and night."

The nose behind Illicit is renowned perfumer Anne Flipo who, according to Choi, "got under the Jimmy Choo skin and knows what we want to represent". Top notes of ginger and bitter orange give way to rose and jasmine, while bottom

notes of honey-amber and sandalwood create the complexity that appeals to Ferreira. "Illicit is bold but there is a point where it melts with a softness in the middle," says Choi, who wanted the Art Deco bottle with raised rivets at the base to reflect the brand's focus on high glamour. "I've always loved the play of hardwear – it serves like a sort of armour to something jewel-like inside."

The idea of a tough outer layer also serves as an apt summary of Ferreira, who accepts that fame comes with sacrifices. "Sometimes it sucks but you have a choice as to how crazy fame makes you. There are far worse problems in the world than people taking a picture of me, but I try to remember it's what I put out into the world creatively - music and films - that really lasts. Away from touring or shoots or filming, that's when I turn off the Sky Ferreira artist button and go back to being just Sky."

For now, though, we're happy the artist button is still very much switched on.



"I KEEP MY BEAUTY **ROUTINE NATURAL** AND SIMPLE, I'M ALL ABOUT FINDING THE PRODUCTS AND TONES THAT SUIT ME AND THEN STICKING TO THEM."

MY WEEKEND IN PRODUCTS

Charlotte Best, actress and face of H&M's spring racing campaign, *spends her week made up on set*, so a laid-back downtime routine is a welcome respite



FRIDAY

"After a shower, I apply Bio-Oil all over"

FROM LEFT Normal Persons Daily Shampoo, \$29.95, Evo, evohair.com/au; Normal Persons Conditioner, \$29.95, Evo, evohair.com/au; Bio-Oil, \$14.99, Bio-Oil, 1300 884 411; Vitamin E Cream With Evening Primrose Oil, \$3.99, Redwin, 1300 884 411; Tinted Moisturizer - Oil Free SPF 20, \$59, Laura Mercier, (02) 9663 4277; Grandiôse Mascara in Noir Mirifique, \$54, Lancôme, 1300 651 991

"Saturday is really $chilled-I\ don't$ wear much makeup on the weekends"



SATURDAY

"I use Nars' The Multiple on my eyes, cheeks, lips and body to create a summer glow. It's super-easy to blend"

FROM LEFT Lemon & Rosemary Exfoliating Cleanser, \$54.95, Vanessa Megan, vanessamegan.com; Rosewater Balancing Mist, \$35, Jurlique, 1800 805 286; The Multiple in Orgasm, \$56, Nars, mecca.com.au; See By Chloé, \$110 for 50ml, Chloé, 1800 812 663; Nail Lacquer in Black Cherry Chutney, \$19.95, OPI, 1800 812 663



SUNDAY

"I use this mask once a week"

FROM LEFT 100% Pure Argan Oil, \$58, Josie Maran, mecca.com.au; Original Body Scrub, \$14.95, Frank Body, au.frankbody.com; Drink Up Intensive Overnight Mask, \$34, Origins, mecca.com.au; City Block Sheer SPF 25, \$36, Clinique, clinique.com.au; Bronzing Powder in Laguna, \$56, Nars, mecca.com.au





Does that colour suit you? Can you really camo that pimple? We break down your most common beauty conundrums into step-by-step guides, so you can polish up your skill set





Next, apply

ноw то

COVER A SPOT Clean the area with a cotton pad soaked in cleansing water. Apply an oil-free, mattifying primer all over your skin, including the blemish. This will help makeup stick and remove shine. Try (1) Rimmel London Stay Matte Primer (\$13.95, 1300 884 411). ■ Follow with non-comedogenic foundation (that means it won't block your pores) to neutralise any redness - mineral brands are best. "Use a sterilised brush to conceal as you don't want to spread any infection," says

makeup artist

Rae Morris.

a cream-based matt concealer (not a highlighting under-eye one) over the spot with a clean blending brush and buff it in using a circular motion. Try Natio Clever Stick SPF 15 (\$16.95, 1300 884 411). ■ Dab a translucent loose powder over the spot with a sponge to hold concealer in place, then dust powder over the remainder of your face to blend. Try Prestige Cosmetics Mineral Translucent Finishing Powder (\$27.95, 1300 884 411). "Have blotting papers on hand for touch-ups," advises Morris. "Blemishes oil up over time and powder can go cakey." ⇒



HOW TO MAKE PORES LOOK SMALLER

■ EXFOLIATE YOUR SKIN TO BREAK UP ANY DIRT
OR OIL, SPLASH WITH COLD WATER AND APPLY
A PORE-TIGHTENING SERUM, SUCH AS (3) BIODERMA
SÉBIUM PORE REFINER (\$34.99, 1300 884 411).
■ USE A SPONGE TO APPLY A BLURRING,
PERFECTING PRIMER ONTO YOUR SKIN.
WE LIKE (2) GARNIER PERFECT BLUR 5 SEC
SMOOTHING BASE PERFECTOR (\$16.95, 1300 884 411).
■ APPLY A LIGHT BASE SUCH AS A BB OR
CC CREAM, WHICH WON'T SIT IN YOUR PORES,
AND AVOID USING HIGHLIGHTING PRODUCTS.



HOW TO

Hide dark circles and blemishes by dabbing offending areas with concealer. Apply a tinted moisturiser, such as (4) Nude By Nature Natural Tinted Mineral Moisturiser (\$24.95, 1300 884 411), all over your face. Dust translucent powder - try (5) Covergirl Professional Loose Powder (\$14.95, 1300 884 411) - under the eyes, on the centre of vour forehead and tip of your nose. ■ Pat highlighter or gloss onto your cheekbones, temples and Cupid's bow. Buff in with

HOW TO APPLY FOUNDATION PERFECTLY

■ Choose a duo-

a clean brush.

fibre brush for liquid foundation, natural bristle for powder foundation, flat-headed for high coverage, a sponge for a natural finish or fingers for tinted moisturiser or BBs. ■ Use the "streak and blend" method: swipe foundation on, then buff in circular motions. "It makes foundation look airbrushed,"

says Morris.



HOW TO APPLY BRONZER

To sculpt: Tap excess bronzer off the brush and suck in cheeks. Starting near your ear, buff back and forth under cheekbones. To glow: Tap excess bronzer off brush. Draw a "3" shape starting at your temples, working down to your cheekbones, then to your jawline. Finish with a dusting on your nose and chin.



HOW TO APPLY HIGHLIGHTER

To sculpt: Suck in your cheeks, then apply highlighter from your brows down along your cheekbones, buffing it into your skin.

To glow: Apply in a C-shape from your brow down around your eye socket, plus dab a little down the centre of your nose and Cupid's bow.

HOW TO POP A PIMPLE (IF YOU REALLY HAVE TO)

- Soak a face cloth in hot water and press on the spot to open pores.
- With tissues on your index fingers, place them either side of the spot, press down and pull apart in the same motion
- If it pops, stop pressing when clear fluid or blood starts to come out. If it doesn't pop, leave it. Follow with a face cloth soaked in very cold water and then cover the blemish with antibacterial cream.

HOW TO COLOUR CORRECT

Use a primer in the shade you need before applying your makeup: For broken veins: counteract with yellow or apricottoned primer. For spots: a greentoned base will beat redness. For sallow skin: use a pink or purple-toned base. For uneven skin: a CC cream will hide any discolouration as well as smooth your skin's texture. Try Olay Total Effects 7 In One Pore Minimizing CC Cream SPF 15 (\$17.99, 1300 884 411).



HOW TO DO A SIMPLE SMOKY FYF

- Remember this order: draw, smudge, highlight. Scribble your chosen kohl colour along your lash line, both top and bottom.
- Buff into skin with a soft, clean brush, and dab a lighter shade of kohl in the centre of your lid and just below the brow, blending well.

 Finish with two

coats of mascara.

HOW TO BOOST NATURAL

LASHFS



■ Use a lash curler in three stages – the base, the middle, then the ends of your lashes.

■ Blend brown kohl eyeliner into lash roots, top and bottom. Try (6) L'Oréal Paris SuperLiner Silkissime Eyeliner in Brown Temptation (\$22.95, 1300 884 411). ■ Apply three coats

HOW TO FAKE A GOOD NIGHT'S SI FEP

of mascara, letting

it dry in-between

each application.



- Use eye drops. ■ Brighten the area around the eye. "Apply a luminising foundation and a stroke of creamcoloured eye pencil into the waterline of your eyes - the more tired you are, the redder this area looks, so this works like a concealer," says Morris. Try (7) Rimmel London Exaggerate Waterproof Eye Definer in In The Nude (\$12.50, 1300 884 411).
- Add extra blush. "Fatigue means less colour in your cheeks, so you will have to add more than usual," adds Morris.
- Order a latte and administer caffeine.



HOW TO MAKE YOUR BROWS

BRUSH UP YOUR BROWS

IN THE DIRECTION THEY

LOOK THICKER

- NATURALLY GROW, THEN
 LOOK IN THE MIRROR TO SEE
 WHERE YOU HAVE GAPS.

 USE A HARD BROW PENCIL TO
 SKETCH IN YOUR BROWS USING
 FLICKING MOTIONS TO MIMIC
 THE HAIRS. CONCENTRATE
 COLOUR IN YOUR ARCH
 FOR MORE DEFINITION.
- BRUSH UP YOUR BROWS WITH
 A CLEAR OR COLOURED BROW
 GEL (DEPENDING ON HOW DARK
 YOU WANT TO GO) TO CATCH
 ONTO THE FINER, LIGHTER
 HAIRS AND FILL IN ANY GAPS.
 TRY MODELS PREFER BROW
 FIXER (\$9.99, 1300 884 411).

 ⇒



HOW TO MAKE YOUR EYES LOOK BIGGER



Apply eyeliner just below the bottom lashes in the middle only, then along the top lashes, thickening in the centre of the eye. Concentrate mascara on the middle section of

both your top and

bottom lashes.

- APPLY TAUPE EYE SHADOW INTO THE EYE CREASE, TRACING ALONG BOTH THE TOP AND BOTTOM LASH LINES. BLEND INTO SKIN. TRY (10) REVLON COLORSTAY SHADOWLINKS IN BONE (\$9.95, 1300 884 411).
- APPLY NUDE EYELINER ON THE WATERLINE.
- CONTOUR CHEEKS AND/OR WEAR A BOLD LIP. THE LOOK HAS TO BE PURPOSEFUL OR IT WILL JUST LOOK LIKE YOU FORGOT.

HOW TO WEAR EYE GLOSS

- Prep lids by using an eye shadow primer, such as (8) Models Prefer Eye Primer (\$13.99, 1300 884 411).
- Apply all your other eye makeup first (otherwise,

the gloss will move it around). Dab an ointment onto your top eyelid. Try (9) Lanolips 101 Ointment (\$11.95, 1300 884 411). Apply it in the middle only – make sure you don't take it all the way down to the lash line.

ноw то LINF YOUR WATERLINE

■ Scribble kohl eve pencil on the back of vour hand to warm and soften the nib. Pull your bottom lid down gently, and look up. ■ Run the edge of the nib, not the tip, across the rim of your lower lid, taking it right to the inner corner. ■ With your finger, gently pull at the outer corner to flick the liner out a bit.



HOW TO APPLY FALSE LASHFS

- Apply mascara. ■ Cut false lashes in half so they're easier to apply. Pinch one end with tweezers. Try the Tweezerman Mini Slant Tweezer (\$19.99, 1300 884 411). Apply a thin layer of glue and leave for 30 seconds, then push against your top lash line at the outer corner only - it gives a more flattering shape.
- Leave to set for a minute, then add another coat of mascara.

HOW TO PERFECT WINGEDLINER



After applying eye shadow, line your upper lash line with a kohl pencil, making sure the liner touches your eyelashes without leaving any gaps. If you need some help, draw on dots, then join them up. Map out the shape of your flick by picturing a straight line between the corner of your eye and the corner of your brow. Join the two points with a smooth curve, without going the whole way up. Dip a fine-tipped

eyeliner brush in gel liner, wipe off excess and go over the top of the line. Stand back in the mirror to check both eyes are even. If you can't make them match, apply a bit of tape, angling from the corner of your eye up to the brow and use it as a guide.

Fix any mistakes with a cotton bud dipped in cleanser. Try Johnson's Pure Cotton Buds (\$2.69 for 150, 1300 884 411). ⇒

SPA OF THE TM

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HOW TO FIND YOUR PERFECT RED

Cool skin tone:
Wear pink-toned
or true reds with
blue undertones.
Warm skin tone:
Wear coral, bright
or true reds with
orange undertones.
The trick: pick three
shades from your
group, try them
on your hand and
go for the one that
best complements
your skin colour.

HOW TO WEAR DARK LIPSTICK

■ Apply concealer and foundation. "Dark lip colours draw attention to imperfections, so spend time evening things

out," says makeup artist Fern Madden.

- Groom brows but keep the rest of your makeup minimal.
- Exfoliate lips and apply balm.
- Line your lips then apply the colour lightly with a brush. "Dark colours applied from the bullet can end up looking too thick, which makes a lipstick more likely to flake later on," explains Madden.
- Blot and reapply.
- Tidy up. "With a small brush, dab translucent powder around lip edges to avoid bleeding," says Madden.
- Expect to reapply colour frequently.

 To find your shade: fair skin tones best suit pink-based burgundies; medium skin tones look great with blue-based burgundies; dark skin tones should opt for deep reds.

HOW TO NIX CHAPPING

- Wet a face washer with hot water, squeeze out excess and rub back and forth over lips.
- Apply a layer of balm. Do this treatment before bed twice a week.
- Avoid pure matt lipsticks and use a lanolin-based (not a petroleumbased) lip balm.



HOW TO MAKE YOUR LIPS LOOK FULLER

■ Pinch your lips gently to help boost circulation.

Outline your lips with a pencil that's the same shade as your natural lip colour (not the lipstick you're wearing). Fill the middle of your lips with liner and blot. Use a pearlescent highlighting pencil on your Cupid's bow and under your bottom lip to draw your lips forward. Try

Prestige Cosmetics
My Brow Duo
Illuminating Jumbo
Pencil (\$15.95,
1300 884 411).

Go over your
lips with lipstick
and apply right
up to the drawn
line – use a brush
for precision.

Add a touch
of gloss to just
the middle of your
lips for a plumping,

3D effect.



HOW TO WEAR GLOSS CORRECTLY

- LINE AND FILL IN LIPS WITH A PENCIL THAT

 MATCHES YOUR GLOSS TO STOP IT FROM BLEEDING.
- LAYER A MATT LIPSTICK OVER THE TOP OF THE PENCIL AND BLOT IT WELL.
- APPLY GLOSS WITH A BRUSH TO JUST INSIDE THE LIP LINE
 SO IT WON'T BUDGE. TRY (11) BOURJOIS PARIS SWEET
 KISS GLOSS IN (FROM TOP) AS DE PINK, SAND-SATION
 AND ROSE QUI PEUT (\$22 EACH, 1300 884 411). ⇒



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HOW TO STRENGTHEN WEAK NAILS

- File from the edge to the centre of the nail. This will prevent splitting.
- Treat with a nail strengthener.
 Try (12) Essie All
 In One (\$17.95,
 1300 884 411).
- Boost from the inside with a biotin vitamin supplement.

HOW TO TREAT STAINED NAILS

■ Remove polish and buff. "Light buffing brightens nails and encourages growth as it boosts circulation," says manicurist Nicole Stubbs of Sydney's Jocelyn Petroni.
■ Soak nails for a few minutes in a diluted lemon or vinegar mixture.



HOW TO GET A PERFECT DIY MANI

- Shape your nails with a crystal file it will seal the keratin layers together and help avoid peeling later on. Try (13)
 Manicare Crystal Nail File (\$16.49, 1300 884 411).
- Buff the top and edges of your nails until smooth, then wipe clean with nail polish remover to dehydrate.
- Apply a layer of base coat, such as (14) Revlon Quick Dry Base Coat (\$15.95, 1300 884 411), and leave to dry.
- Using long brush strokes from the cuticle to the tip of your nail, paint your nails with polish. Maximum coverage on the first coat will make the second one easier.
 Once the first
- once the first coat is dry, apply the second and clean any mistakes with a cotton bud dipped in remover.
- Apply a thin layer of top coat to add shine and lock in colour. Finish with cuticle oil.



HOW TO DO YOUR OWN PEDICURE

- Cut and file nails into shape. "File in one direction only. The back and forth action weakens," says Stubbs.
- Massage in cuticle cream.
- Use a paddle with grit to buff away dry skin. "Follow with a granular scrub on your heels, feet and legs to boost circulation," adds Stubbs.

- Soak feet in warm water and remove the scrub, then lightly buff nails.
- cream. Try (15) Bliss Aloe Leaf + Peppermint Foot Patrol (\$19.99, 1300 884 411).

■ Apply a foot

- Remove cream from the nails using polish remover.
- Apply polish.

 "One thin layer of base coat, two layers of colour and one layer of top coat gives the best results," says Stubbs.

HOW TO MAKE POLISH LAST LONGER

- Wipe your nails with polish remover this will dehydrate them, remove oil and leave them in the perfect condition for the base coat to stick.

 Apply nail polish, allowing it to dry between each layer.
- Finish with a shimmer or glitter shade for a longerlasting mani. ⇒

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ноw то WASH YOUR HAIR LIKE A PRO

Saturate hair, then apply shampoo all over the scalp. Don't put too much on the ends - it will cause tangles.

If you get a good lather, one shampoo is fine. If not, go for a second. Rinse well. Pat out excess moisture. If hair is too wet, the conditioner won't penetrate properly. Comb through conditioner from mid-lengths to ends. Try Tangle Teezer Original Panther Black (\$29.99, 1300 884 411). Leave for a few minutes. Rinse well. Seal with a shot of cold water to add shine. Pat out moisture, then wrap in a towel.

HOW TO **GROW OUT** A BAD CUT

"Brush your hair every night, really stroking the scalp," hairstylist Paloma Rose Garcia says. "It promotes growth." Try a deep side part - it can change a look completely.

HOW TO CREATE PERFECT PONY

If your hair is clean, give it texture by using a styling product, applied to damp hair. "A pony with a little grip has more longevity," says hairstylist Anthony Nader. Blast dry with a large paddle brush. "It smooths strands and keeps the hair on the scalp surface, giving more hold," Nader says. Tilt your head forwards and gather your hair at the crown. "Secure with a snag-free elastic so you don't get breakage." Try

using (16) Lady Jayne Snagless Elastics (\$5.49 for 50, 1300 884 411). Use a large barrel tong to put curve into the ends for extra bounce.

ноw то GIVE STRAIGHT HAIR BOUNCY CURLS

■ Start with really clean hair. "You'll get better longevity from the curls," says Nader. ■ Spritz volumising spray or foam into damp hair - try (17) Toni & Guy Volume Plumping Mousse Sophia Webster Limited Edition (\$15.99, 1300 884 411) - then rough-dry hair using a paddle brush. "Priming hair helps the shape last," explains Nader. ■ Wrap small sections of your

hair around a hot tong, such as the VS Sassoon 38mm Ceramic Curler (\$34.95, 1300 884 411). If you have fine hair, pin the curl in place until it cools to help keep the shape. ■ Spray a fine mist of light-hold lacquer all over. Try TRESemmé Mini Salon Finish Extra Hold Hairspray (\$4.29, 1300 884 411). ■ Remove pins (if you used them) and shake out the curls

with your fingers.

HOW TO BIOW-DRY YOUR HAIR

Pre-dry hair with a blow-dryer and your fingers. "Upside down, until it's 70-80 per cent dry," says hairstylist Budi Juspandi. This makes products work better. Divide hair into horizontal sections: ear to ear, temple to temple, then top last. Take your time blow-drying. "Long, slow motions best smooth down the cuticle," says Garcia. Set by switching your dryer to cold.



GET NATURAL-LOOK WAVES

Rough-dry hair. Apply a fine mist of hairspray from roots to ends. Try L'Oréal Paris Elnett Satin Diamond Hold Hairspray (\$9.99, 1300 884 411).

■ "Pull your hair to the crown and twist into a bun, securing with a few U-shaped hair pins," says Juspandi. Try (18) Lady Jayne Fringe Pins (\$4.19 for 50, 1300 884 411). "Leave for a few hours, then unleash to reveal waves without dents."





I DISCOVERED

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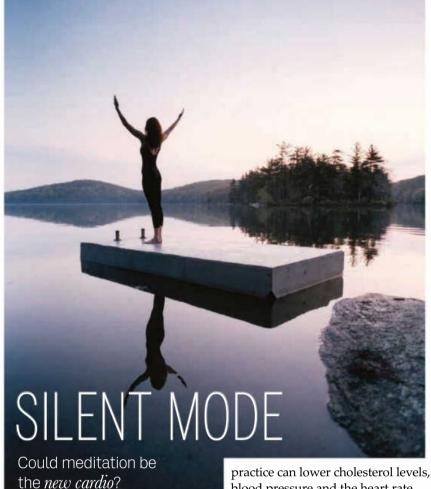
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ivenchy and Isabel
Marant's recent
riffs on Birkenstocks
confirmed it: the hippie
lifestyle is mainstream
– and meditation's newfound spike
in popularity is further proof. From
Katy Perry to Kate Hudson, the
ancient practice has an army of
celebrity fans, with dedicated
workshops and studios popping up
in urban centres all over the world.

As well as achieving mental clarity, regular sessions deliver the same physical boost as cardio. A US study by the Medical College of Wisconsin found practising transcendental meditation nearly halved participants' risk of heart attack and stroke. Sound too good to be true? Dr Paula Watkins, a Sydney-based clinical psychologist and meditation expert, explains...

SO I DON'T NEED TO WORK UP A SWEAT TO GET THE SAME EFFECTS AS CARDIO?

No, improved physical health is a benefit of meditation. Just like with aerobic activity, regular practice can lower cholesterol levels, blood pressure and the heart rate, boost the immune system, slow the cellular effects of ageing and improve memory. Meditation also helps regulate stress and hormone levels, just like physical activity does.

HOW LONG UNTIL IT KICKS IN?

Recent research suggests noticeable changes occur after just several weeks of practising for 20 minutes per day. But that doesn't necessarily mean you should limit your practice to that – and it doesn't mean five- or 10-minute practice is a waste of time.

IF YOU CAN'T ACCESS A CLASS OR STUDIO, IS IT POSSIBLE TO MEDITATE AT HOME?

There are YouTube videos that can guide you, and tons of helpful books on the subject – that's how I fell into meditation in my early twenties. I also have a nine-week online course (\$199, calmconscious connected.com) for those looking for a more structured program that offers an overview of a variety of meditation forms. Apps are also great – I like Headspace and Smiling Mind [both free for Apple and Android]. □



BE YOUR OWN

PERSONAL TRAINER

On a quest for better abs, stronger arms or killer legs? ELLE has the perfect workout for every fitness style and trouble spot. Over to you



HEALTH HACK

Adding spices such as chilli and cayenne pepper to meals boosts your metabolism, says Dr Simone Laubscher, a nutrition expert and adviser for supplement company WelleCo. "If you crave sweet foods, add cinnamon to your muesli or coffee — it helps regulate blood sugar levels."

FAKE IT

Blending lavender, rose geranium and frankincense, Trilogy Firming Body Lotion (\$25.95, 1300 884 411) not only smells heavenly, but improves skin's elasticity, too. Plus, it's fast-absorbing, so it won't stain your silk tank.



THE PRO: Jessica Skye, yoga instructor

FOR THE YOGI The muscle-strengthening locust pose (salabhasana) works the back, bum and hamstrings. Lie on your stomach with legs straight and arms by your sides. Inhale and reach your arms back up behind you, lifting your chest off the ground. Hold for a breath then lower down. Next, lift your legs up, hold for a breath then lower. Then raise your arms and legs at the same time, keeping your chin up. Hold for five breaths before lowering. Do three sets of five reps.

FOR THE RUNNER Holding a TRX suspension trainer (a two-handled resistance band hooked on a wall), stand up straight and lean back. Walk your feet forwards, away from your body, until there's tension in the TRX. Squeeze your shoulder blades and pull

yourself up while drawing hands apart until extended away from your body, with a bend at the elbow. Return to start and repeat 10 times.

FOR THE GYM-GOER Position yourself over an exercise ball, with your pelvic bones supported and your torso over the edge. Fold your arms across your chest, then bend forward as far as you can, pivoting at the hips. Raise back to the start position. Start with three sets of 15 to 20 reps. For an advanced move, hug a weight across your chest.

FOR THE HIIT FIT Lie on your stomach with your arms out in front of you. Raise your right arm and left leg, then swap to raise your left arm and right leg, like you're swimming. Alternate as fast as you can for one minute.

THE PRO: Tom Craggs, running coach and adidas consultant

FOR THE RUNNER Medicine ball push-ups tone the triceps as well as the core and chest (muscle groups also used by runners). With feet shoulderwidth apart and keeping your body in a straight line, put both hands on a medicine ball and do a push-up, squeezing your abdominal muscles as you drive up. Then, with one hand on the ball and the other on the floor, do another push-up.

Swap hands and repeat. Place both hands back on the ball and repeat the cycle. Only a beginner? Do push-ups on your knees, keeping your body in a straight line between the knees and shoulders. Work to time, not reps. Do three sets of 30 seconds, then build up to 45 seconds, then 60 seconds.

FOR THE GYM-GOER Do three sets of eight chin-ups. If you need help,

attach a CrossFit resistance pull-up band to the bar and loop around one foot to assist the move.

FOR THE YOGI Start in a high plank position and exhale as you lower into a push-up. Hold and inhale, then exhale as you push back up. Do three sets of 10 reps, with a downward dog in-between sets.

FOR THE HIIT FIT Starting in a high plank position with your abs engaged, bend at the elbows and lower onto your right forearm, then onto your left forearm, so both are on the ground. Then push back up onto your right, then left. Repeat for 60 seconds. ⇒



HEALTH HACK

If you have bumps under the skin on the back of your arms, you may not be getting enough omega-3, says Laubscher. "Eat good-quality organic fish. If you're vegetarian or vegan, add some linseeds or linseed oil to your diet."

FAKE IT

A body lotion laced with anti-ageing ingredients such as AHAs and proretinol will soften rough patches on the backs of arms and elbows. Try Healthy Radiance Ultimate 10 Anti-Ageing Lotion, \$7.68, Vaseline, 1300 884 411



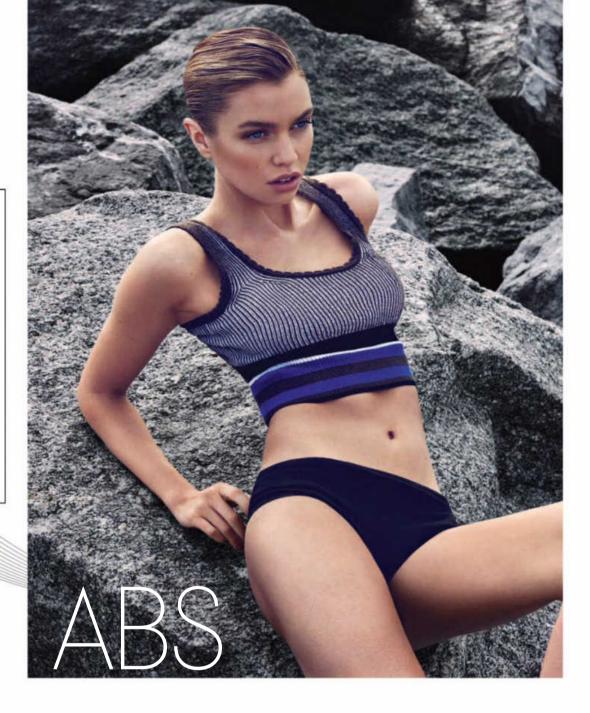


HEALTH HACK

Stress triggers production of the hormone cortisol, which increases blood sugar levels and slows down the metabolism, leading to excess belly fat, says Laubscher. "Eat low-Gl foods to balance blood sugar. Support your kidney and liver function with garlic, and either dandelion or nettle tea."

FAKE IT

A subtle glow will make your abs (and the rest of your body) appear more toned. Try Everyday SPF 15 Gradual Tanning Milk, \$17.99, Bondi Sands, 1300 884 411



THE PRO: Anya Lahiri, personal trainer

FOR THE HIIT FIT Mountain climber exercises work the upper and lower abs. Start in a high plank position, palms flat on the floor. Make sure your back is flat and your abs are engaged. Bring one knee into your chest, then back to being outstretched. Repeat

with the other leg. Gradually start picking up the pace. Alternate doing 30 seconds of climbers with 30 seconds of plank, as many times as you can.

FOR THE YOGI Balance on your sitting bones with a straight back. Exhale and lift your feet off the floor, bending your knees so your shins are parallel to the ground. If you want to challenge yourself, straighten out your legs so you're in a V shape. Inhale and return to the starting position. Do three sets of 10 reps with a short rest in-between.

FOR THE GYM-GOER From a high plank position, raise your hips and bring your head and chest towards the floor, with your arms out in front of you. Hold for five seconds then return to a high plank. Do three sets of 10 reps.

FOR THE RUNNER Lie in a sit-up position, shoulders elevated off the ground, hands under the arch of your lower back, palms down. Squeeze your lower abs to press your spine down onto your fingers, then lift both legs. Beginners do 30 seconds, advanced for 60 seconds. Do three to five sets.

⇒





free night



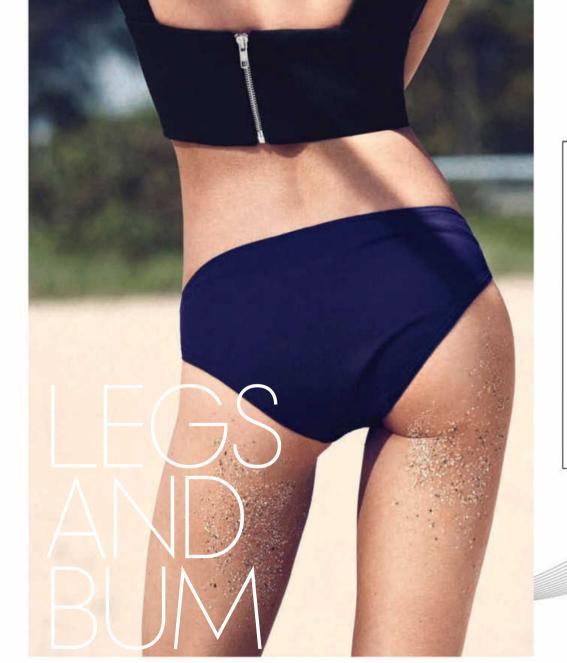


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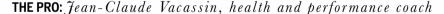


HEALTH HACK

Want to improve muscle tone? Swap bad fats for good, says Laubscher. "We believe fats from animals and dairy clog your system and add toxins that can make cellulite worse. Opt for coconuts and avocados."

FAKE IT

Massage is key to improving the appearance of cellulite. Try the hand-held Bliss Fat Girl Slimulator (\$29.99, 1300 884 411) in the shower, using a press and twist motion – the plastic nubbly surface is specially designed to boost circulation.



FOR THE GYM-GOER Walking lunges with dumbbells are great for shaping the thighs and bum. Hold a dumbbell in each hand. Start with your arms by your side, chest lifted, shoulder blades lightly squeezed together. Tense your core by pulling in your stomach muscles. Keep your upper body still

and take a big step forward with your right leg. Bend your knee, bringing it in line with your toes, with the back of the thigh coming towards the calf. Engage your quads and glutes by squeezing your bum as you come back to a standing position, then drive forward with the other leg. Alternate. Do two to three sets of 15 reps on each leg.

FOR THE RUNNER Find a hill with a gradual gradient. Do four sets of five-minute sprints up and down for beginners, three sets of eight-minute sprints for improvers and three sets of 10-minute sprints for keen runners, with a two-minute rest between sets.

FOR THE YOGI Start on all fours. Lift and extend one leg, toes pointing to the floor, and inhale as you bring your knee towards your nose. Exhale and extend your leg back again. Do 10 reps on each leg and repeat for three sets.

FOR THE HIIT FIT Squat as if you're sitting on an imaginary chair. When your thighs are parallel to the ground, double pulse (move a few centimetres up and down, twice). Then push up into a jump and rotate your whole body 90 degrees to the right. Land in the squat position. Repeat, rotating in a circle − first 30 seconds clockwise, then 30 seconds anti-clockwise. □

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GREAT LENGTHS The hot new skirt styles we're playing with this season.



ELIFESTYLE



THE ELLE GUIDE TO

A PERFECTLY STOCKED HOME BAR

From setting up a drinks cart to *essential bartender tips*, we've got everything you need to know to *master domestic mixology*

aving a properly kitted-out home bar isn't just Pinterest-porn, it's the pinnacle of grown-up entertaining. "Planning your bar from the start means you can relax later on," says Jacob Shroff, bar manager at Sydney's Nomad. "Think about the drinks you want to make and have your preparation done beforehand."

With the proper ingredients and a few new moves, you can easily create next-level cocktails – but keep in mind the best bartenders are as good at mixing with people as they are mixing drinks. "Don't take it too seriously," says Shroff. "Some of the best drinks have come from fortuitous mistakes." Salut.



HE BOTTLES

BASE SPIRITS

"Most cocktails take the form of a base spirit plus a modifier," says Shroff. Consider these drinks your home-bar foundations

VODKA The basis of many classic cocktails such as martinis, cosmopolitans, bloody marys and Moscow mules.
Our pick: Belvedere.

WHITE RUM AND DARK RUM

Not into pina coladas? You still need rum to whip up mojitos or a mean strawberry daiquiri. Our pick: **Bacardí** or **Mount Gay**.

GIN For martinis, Tom Collins, gimlets and negronis.
Our pick: **Tanqueray** or **Hendrick's**.

WHISKEY Use to whip up a whiskey sour, old fashioned or manhattan. Our pick: **Bulleit Rye**.

SCOTCH Essential for Rob Roys or just to sip neat.

Our pick: **Ardbeg** or **Glenmorangie**.

TEQUILA Keep a supply of tequila for margaritas and palomas. Our pick: **Patrón**.

CHAMPAGNE Always have a bottle of French on hand. Our pick: **Moët & Chandon**.

MODIFIERS

"These may be second-tier, but are no less essential," says Shroff

COINTREAU A must for margaritas.

COGNAC Or any kind of brandy to create sidecars.

SWEET AND DRY VERMOUTHS

To make martinis and manhattans.

CAMPARI OR APEROL Because it's almost spritz season.

MIXERS Soda water, tonic water and ginger ale are multi-taskers.

BITTERS "A couple of drops can bring a drink to life," says Shroff.

FINISHING TOUCH: DON'T SKIMP ON GARNISHES - THEY SHOULD COMPLEMENT THE FLAVOUR OF A DRINK AND MAKE IT LOOK BEAUTIFUL.

hot water bottle in Some Like It Hot...

0 0 L S THF O F TRADE

THE GLASSWARE

Fact: a good-looking drink tastes better, starting with a great glass. Shroff says you only need three types



"A basic rocks glass should be substantial and almost strong enough to use as a doorstop." The heavier the base, the better for muddling. Glass, \$249 for two. Waterford, wwrd.com.au



MARTINI

The long stem helps to keep cold drinks away from warm hands. "They should be fine, elegant and feminine," says Shroff. Glass, \$37 for four, Luigi Bormioli, peters ofkensington. com.au



HIGHBALL

Heavily juiced drinks or anything with bubbles call for a tall glass. "There are no rules, just anything that takes your fancy." Glass, \$139 for four, Royal Doulton, peters ofkensington. com.au



THE GEAR

You don't need much to make a good drink, says Sean Baxter, national Johnnie Walker and classic malts ambassador. Here are the must-haves



Most bartenders prefer two-piece Boston shakers, but three-piece styles look chic and are simple to use. Cocktail shaker. \$160, Williams-Sonoma, williamssonoma.com.au



Baxter says there are no rules for what you use to stir up drinks. "I even like chemistry beakers – they have measurements on the side (good for multiple drinks) and pour easily." Mixing glass, \$29.95, Yarai, cocktailkingdom australia.com



MUDDLER

"For tormenting fresh fruit and the like," says Shroff. Mojitos, juleps and many more mixes must be made with a muddler. Wooden muddler. \$14.30, Barware, danmurphys. com.au



ICF TRAY

Ice is vital for many cocktails and the chunkier, the better - they not only look sexy but stay frozen for longer, too. Ice-cube tray, \$14.95 for two. Cube Noir, myer.com.au



BAR SPOON Needed for stirring and measuring. JIGGER Because the difference between one shot and "looks about right" can be the difference between party-girl and passed-out. STRAINER A must if you're using a Boston shaker, it will help remove fruit pulp and ice post-mixing. Spoon, jigger and strainer, \$120 (part of set),

Williams-Sonoma, williams-sonoma.com.au

A WORD ON STORAGE: IF YOU'RE USING A DRINKS TROLLEY, KEEP IT IN A COOL SPOT, AWAY FROM DIRECT SUNLIGHT. AND REMEMBER, VERMOUTH AND WHITE WINE NEED TO BE REFRIGERATED

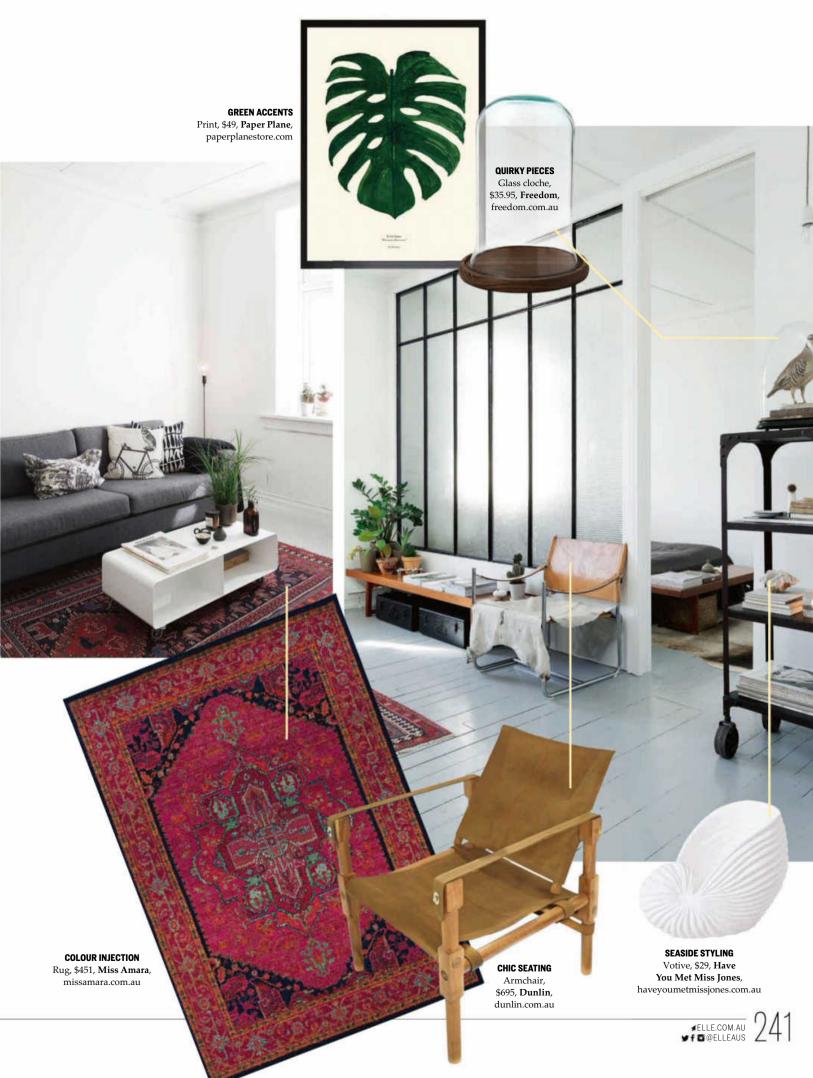
shake it, not stir.



a glass rimmed with lemon and sugar.

sounds stiff but is super-refreshing.











MATCH YOUR STAY TO YOUR STYLE

The best digs in the city may not have a designer namesake, but they do channel the aesthetics of the biggest names in Italian fashion. Choose your vibe and check in



With fuchsia swing-chairs and lashings of zebra-print, The Gray (like the polarising Signor Cavalli) isn't for everyone, but it is lots of fun. The 21 rooms have been designed with individual features but all have super-luxe Egyptian cotton linen and huge jacuzzis with in-built TVs. Sightseeing-wise, the hotel's location is mint; you're steps away from the city's biggest landmark, the Duomo di Milano cathedral, and a short Metro hop from Santa Maria delle Grazie, home to Leonardo da Vinci's "Last Supper".

From \$478 a night; hotelthegray.com



FAST FACTS

The basics before you go:

- → LANGUAGE Italian
 → CURRENCY
- Euro (€1 = \$1.48)

 → **AIRPORTS** There are three but Malpensa (MXP) is the main one.
- → GETTING THERE
 Return flights from
 Sydney to Milan take
 from 23 hours each
 way (from \$1,700 with
 Virgin Australia).
- → **GETTING AROUND**The foolproof Milan Metro (the red M1 stops at the main tourist spots).

STYLE: MIUCCIA PRADA'S HIGH-END LUXE

STAY: FOUR SEASONS

It may have been a 15th-century convent in a former life, but the Four Seasons is far from uptight. Large French-style windows offer views of the topiary-filled courtyard, the perfect spot to sip a bellini. Ask the concierge to sort a shopping expedition to neighbouring designer mecca Via Dante or have an in-room Ritual Candle Massage, the go-to for editors during Fashion Week. From \$1,007 a night; fourseasons.com/milan



STYLE: VALENTINO'S MODERN CLASSICISM **STAY:** PALAZZO PARIGI

With its chandeliers, grand staircases and collection of 18th-century art, it's hard to believe this hotel used to be a bank. It's now home to 65 spacious rooms kitted out with walk-in robes, heated marble bathrooms and the option to book a one-on-one in-room yoga class. Dial up the luxury further by upgrading to a suite and enjoy a butler service and balcony with views of the Duomo. For a fine-dining take on a local delicacy, order the saffron-hued risotto alla Milanese at the in-house Gastronomic Restaurant.

From \$916 a night; palazzoparigi.com

\$TYLE: JIL SANDER'S AVANT-GARDE EDGINESS

STAY: STRAF

Only the exceptionally on-trend venture into this temple to minimalism, with its muted '70s colour palette, concrete floors and copper

bathroom fixtures. Cool doesn't come at the cost of comfort, however, and the "wellbeing" suites offer \$3,000 massage chairs and "aromatherapy corners" filled with mood-lifting gadgets. Spend happy hour in the hotel's drinking den, Straf Bar, packed with the city's bright young things. ⇒ From \$415 a night; straf.it







SPAGHETTI

VERMICELLI





PENNE



FUSILLI





7ITI

LASAGNE





RAVIOLI TORTELLINI





MACARONI

ROTINI





FARFALLE

TAGLIATELLE



INSIDER TIP

No trip to Milan is complete without a panzerotti (a crescent-shaped pastry stuffed with ingredients such as prosciutto and mozzarella or ricotta and spinach) at local institution Luini Panzerotti. It's the only place in the city where you'll see Anna Dello Russo and other members of the fashion pack waiting

in line.

APERTIVO'CLOCK

Locally defined as an early evening drink and a small plate, this Milanese tradition is as ubiquitous as the morning cappuccino. We've found the best local haunts



WHERE CERESIO 7 ceresio 7.com

The roof of fashion house Dsguared2 is home to Ceresio 7, the city's coolest bar/restaurant and poolside hangout.

TIPPLE

wine, soda and Solerno, a

Sicilian blood-orange liqueur.

The Ceresio Spritz: sparkling Prosciutto and pickled

beet salad



SIGNATURE DISH

DRY drymilano.it

Menus written with black marker on exposed brick walls, brass tables and a wood-fired oven add to the rustic feel of this bar.

The Vintage Negroni: spiced wine, gin, sweet vermouth and mandarin bitters.



Porchetta focaccia: flat bread topped with Sicilian black pulled-pork, horseradish and extra-virgin olive oil.



H CLUB DIANA, THE SHERATON hclub-diana.com

Internationally renowned DJs are on high rotation at this courtyard bar and garden filled with twinkling fairy lights.

The Indianado: a mix of fresh strawberries, sloe gin and rosé prosecco.

Braised scallops marinated in port.



IL BAR, BULGARI HOTEL MILAN bulgarihotels.com

Work your way through the crowds of locals to order a drink at the black resin bar in this luxe hotel. Arrive early to nab a seat in the pretty gardens.

The Coinding Belvedere vodka, Cointreau, Crodino and lemon juice.



Arrive between 6.30pm and 7.30pm and the staff bring complimentary small plates to your table: think Caprese salad and prosciutto-wrapped melon.



BENTO SUSHI bentosushi.it



Oversized statement lights and black lacquered tables set the mood in this Japanese eatery and cocktail bar specialising in sushi tapas and sake.

The Wasabi Mule: vodka, lime, wasabi, ginger beer and cucumber.



Salmon tataki (seared then thinly sliced) with miso and sesame dressing.



N'OMBRA DE VIN nombradevin.it

With endless rows of bottles and ceramic moose heads, this low-key wine bar is a meeting place for brooding artists.

A bottle of Franciacorta - a sparkling wine made in the nearby Lombardy vineyards. It's tipped to be the "next big thing" in Italian wine.

Salumi misti and formaggio - cold meat cuts and a cheese board



FONDERIE MILANESI fonderiemilanesi.it



Only those in the know frequent this deceivingly large converted foundry, hidden at the end of a dimly lit alleyway. Campari with soda: the classic Italian aperitivo



The complimentary aperitivo buffet (served between 7-9pm), made up of pastas, frittatas and salads



FEVER PITCH

If football is Milan's religion, then these players are sure to convert you



Name: Mauro Icardi Team: Inter Milan Position: Forward Jersey number: 9



Name: Danilo D'Ambrosio Team: Inter Milan Position: Defender Jersey number: 33



Name: Ignazio Abate Team: AC Milan Position: Defender Jersey number: 20



Name: Mattia de Scialio Team: AC Milan Position: Defender Jersey number: 2



Name: Giacomo Bonaventura Team: AC Milan Position: Midfielder Jersey number: 28

ON-TREND TABLES

Milan is obsessed with style evolution, so you wouldn't expect anything different from its culinary scene. Here, what's hot right now



TREND: AMERICANA

The Milanese have put their own twist on American comfort food, opening a string of cool diners packed out with hipsters. Try Carolina's beef brisket sandwich (slow-cooked beef and cabbage slaw on dark bread) or God Save The Food for pancakes served with a stack of crispy bacon. Corey's Soul Chicken serves the city's best fried chook – eating it with your hands while the New Orleans-style hot sauce drips down your chin is mandatory. carolinas.it; godsavethefood.it; coreyssoulchicken.com



No need to trek to the suburbs for a fresh food market – they're popping up in CBD restaurants. Taglio triples as a cafe, cocktail bar and emporium, where you can buy the cheese, bread and meat used in your meal. Cascina Cuccagna is a 17th-century farmhouse turned cultural hub which houses Un Posto A Milano cafe (try the pumpkin tortellini with sage and butter sauce) and a farmers' market. Da Claudio Pescheria doubles as a fish market and an Italian-fusion sushi bar. taglio.me; cuccagna.org; pescheriadaclaudio.it





TREND: SLOW DINING

Milanese chefs are upping the organic stakes by adopting the Slow Food method, where produce is grown sustainably with zero chemicals. The movement dominated food stalls at Expo Milano 2015 and has been adopted by top chefs like Cesare Battisti, at his traditional Milanese meets fine-dining haunt Ratana, and Francesca Micoccio and Antonio Ingrosso, at seafood hotspot I Salentini. ratana.it; isalentini.com

TREND: AQUA PAIRING

Famed sommelier Giuseppe Vaccarini is pioneering the "water harmonisation" trend: matching water with wine. Acqua Panna is well-paired with whites like pinots and sauvignon blancs, while San Pellegrino suits pinot noirs or Zinfandels. Carlo Cracco's two-Michelin-starred restaurant uses the technique (try it with his signature marinated egg yolk) as does French-Italian fusion dining room Il Ristorante Trussardi Alla Scala. ristorantecracco.it: trussardiallascala.com





TREND: CULINARY COCKTAILS

Baking, pan frying and blast-chilling are all techniques used by Carlo e Camilla's bartender Filippo Sisti to create his "liquid kitchen" avant-garde tipples. Play it safe with the Blue Cheese Martini or throw caution to the wind and order The Easter: a combination of tamarind pulp, bay leaf, pollen, soursop and cachaça – served in an ostrich egg. Tell Sisti you're not into one of his drinks and he'll take it as a personal challenge to create your ultimate bespoke cocktail. *carloecamillainsegheria.it*



SHOP LIKE A LOCAL

With a Gucci, Fendi and Prada on every corner, it takes insider know-how to browse outside the box

THE ARTY CONCEPT STORE

10 Corso Como

Stocking abstract pieces from collections by the likes of Comme Des Garçons and Alexander McQueen (as well as coffee-table books and zines), the only thing more chic than the wares at this designer boutique/cafe/gallery is the sleek decor. Insider tip: it's worth buying something just to get one of the shop's hand-designed paper bags.

▲10corsocomo.com

THE HOMEWARES EMPORIUM

Rossana Orlandi

It's easy to get lost in this sprawling two-storey metropolis, where you'll find everything from second-hand teacups to life-sized gorilla statues. Downstairs, there are thousands of small drawers, each filled with a different undiscovered treasure, and you can have lunch in a courtyard festooned with overgrown vines and colourful lanterns.

★ rossanaorlandi.com

THE VINTAGE MECCA

Cavalli e Nastri

The Milan fashion elite's seasonal overhaul proves bountiful for the city's vintage stores and none so much as Cavalli e Nastri.

Womenswear is spread over two locations, so poring through the archives can be a day-long task, but it's worth it: expect everything from '20s-era Marni handbags to last-season Kenzo dresses.



d cavallienastri.com

THE HIP HAVEN

Nonostante Marras

The once industrial suburb of Zona Tortana is now home to a hub of creative boutiques, and this is the coolest: a mishmash of antique furniture, 18th-century art and racks filled with whimsical designs. The highlight? The giant "tree" with a "trunk" made of fashion books and strung with fairy lights. \square



DIAL 9 FOR ROOM SERVICE

Scratch the sightseeing and shopping plans: with the new breed of decadent in-room menus you won't want to leave your suite

QT GOLD COAST, QLD

Leave the lacy lingerie and massage oil at home, because our idea of a naughty weekend involves delicious, greasy calories - and you can go the whole enchilada at this Gold Coast temple of retro cool, with its Ameri-Mex room service menu. Packed with mouth-watering snacks like spicy pork belly empanadas, southern-style fried buttermilk chicken burgers and fat-cut chips with "liquid cheese" on top, the room service number practically dials itself. Not naughty enough? Try the QT's take on an American campfire classic, the "Chocolate S'more Pudding in a Jar", a gooey mess of torched marshmallow, peanut butter and honeycomb, best enjoyed inside a doona cocoon. qtgoldcoast.com.au

BALCONY BITES Order a multicourse feast at QT Gold Coast no judgement

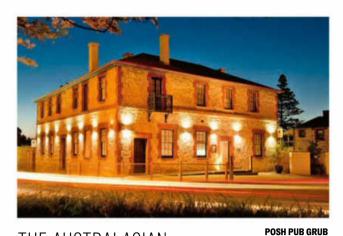
COPPERSMITH SOUTH MELBOURNE, VIC

Forget cheap wine and freezing Toblerones – the minibars at this stylish 15-room South Melbourne bolthole are customisable to your cravings. Choose from "salty, tangy and well-brewed" (beef jerky, wasabi peas and craft beers), "classic, staple and well-made" (popcorn, rocky road and local wines) or, if you're feeling virtuous, "green, leafy and well-

WHAT'S **YOUR BEEF?**

Tuck into a Cape Grim scotch fillet in your room – or at Coppersmith's bistro (right)



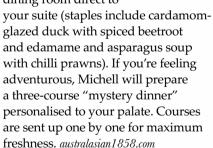


THE AUSTRALASIAN **CIRCA 1858**

FLEURIEU PENINSULA, SA

At this heritage pub-cum-Asianinspired boutique hotel in the seaside town of Goolwa, an hour's drive from Adelaide, room service is of the

old-fashioned whitelinen-on-a-silver-tray variety - with a twist. Every morning, a trolley bearing a bento box of fruit, yoghurt and muesli, or a cooked option like baked eggs with Moroccan jam, is dropped outside your door for brekkie. Come dinner, chef Juliet Michell is happy to send the delicious Australasian eats she plates up at the dining room direct to



57 HOTEL SURRY HILLS. NSW

Taking style cues from Studio 54, this painfully hip hotel newbie in Sydney's Surry Hills proves disco isn't dead – but boring room service definitely is – thanks to its partnership with neighbouring restaurant Foveaux St Dining. Chef Darrell Felstead guarantees the delivery of whatever tickles your fancy from the menu (we're partial to the zucchini flowers stuffed with milk curd, the braised tamarind

BANNISTERS

MOLLYMOOK, NSW

This luxury spa resort overlooking the beach town of Mollymook, just three-and-a-half hour's drive from Sydney, is home to seafood guru Rick Stein's only restaurant outside the UK – and a bath robe

is as dressed up as you have to get to experience it. Dine on four types of local oysters (well, if you're going to indulge...) from the deck of your cliff-top pad, or curl up in front of your gas fire to sample a melange of warm shellfish, eaten with your fingers (what else is room service for if not to get a little messy?). With so much fresh seafood on call, you won't need to leave your room, although the stunning pool bar, where cocktails and wood-fired pizza is the order of the day as the sun sets, will prove tempting.

Order a three-course

meal or a swish

breakfast (below)

when you stay at

The Australasian

Circa 1858





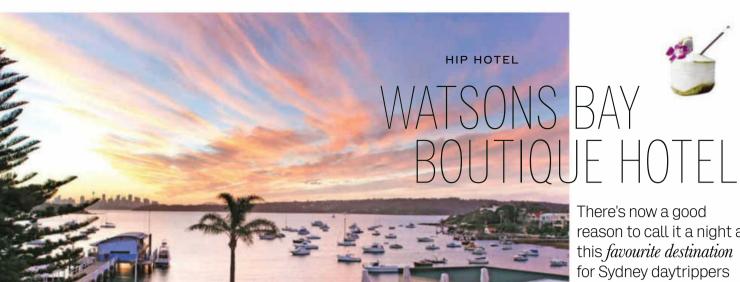
RETRO ROOMS

Stay at '70s-inspired 57 Hotel (right) and snack on lamb rump from Foveaux St Dining



short rib with eggplant, nashi pear and coriander... oh, and the tuna tartare with lime curd and starfruit) to the door of your "disco double" or "dancing queen" suite in seven minutes. How does he do it? Who cares, if it means saying goodbye to soggy club sandwiches? 57hotel.com.au









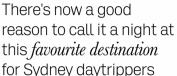
The 78-year-old hotel has long lured punters across the harbour with the promise of cold beers, hot fish and chips and heart-warming views, but the renovated accommodation and upgraded dining options have elevated its charms. The 31 serene suites and entertainment spaces offer touches of Miami with views to Manly. Prepare to exhaust your hashtags with the hotel already establishing a reputation as a social-post magnet.



Sunday sessions at the hotel's Beach Club are a Sydney institution - and it's far more fun to book a room upstairs than wait in a taxi queue at the end of the night. Order a round of Berry Trap cocktails (the club's take on a mojito) and toast your friends beneath the striped umbrellas of the beer garden. Dust the sand off your feet and head to the Top Deck for city views.

SEE FOOD

The Fish & Chippery is on-site so you can get your fix of the beachside staple, but take a vacation from fried favourites and feeding seagulls to try miso-glazed salmon or a simple seafood platter. On Sundays, settle in for a not-so-traditional roast with Kurobuta pork and heirloom carrots from head chef John Pye. Sweet tooths will find it hard to resist the chocolate crackle mousse with choc-peanut popcorn.



MORNING GLORY

Early risers can reward themselves with a sunrise stroll towards nearby Camp Cove for a reviving morning dip at one of Sydney's most picturesque beaches. Just don't walk too far or you might end up with an unwelcome eyeful at Lady Bay Beach, a clothing optional destination.



INSIDER TIP

GET STAND-UP PADDLEBOARD LESSONS OR HIRE AT YOUR DOORSTEP THROUGH watssup.com.au.



CHIC CHECK-IN

Light-filled suites with marble bathrooms, toiletries by Peter Morrissey and king-size beds will satisfy creatures of comfort. Book ahead to nab water views - the Grand Harbour Suite is our pick for an extravagant weekend. Rooms from \$209 a night; watsonsbayhotel.com.au



BEINTHEKNOWNOW
** ELLE.COM.AU/INNER-CIRCLE**



WITH JOHN GANNON, CERTIFIED FOUNDATION TRAINING TEACHER

Good posture not only helps prevent muscle pain, spinal dysfunction and joint conditions such as arthritis, it can also improve mental wellbeing – so sit up and listen.
SIT CORRECTLY At your desk, use a flat chair with a straight back, and sit so most of your back is in contact with the chair. Your feet should be on the ground (or a footrest) and your thighs parallel to the floor. Keep your head aligned with your shoulders.
USE SUPPORTIVE PRODUCTS Speak to HR about getting a lumbar roll (or you can make one yourself by rolling up a towel and placing it at the bottom of your spine) and a footrest. When used daily, they'll help improve your sitting posture.

BE AWARE Take note of how you're sitting and remind yourself not to hunch over your desk. A sticky note attached to your computer can serve as a reminder.

KEEP MOVING "We're not designed to sit as often as we do," says Gannon. "We sit at work all day, in the car on the way home, then on the couch in the evening."

Even if it's just walking around the office for a few minutes every hour, moving your body will help ease the pressure on your spine and give you the chance to readjust your posture when you sit back down.



How to RSVP correctly

WITH MADAME BONBON, PARTY STYLIST AND BLOGGER AT MADAMEBONBON.COM.AU

These days, you're more likely to be invited to a friend's birthday or baby shower via Facebook or email than to receive an invite in the mail. But don't let your manners be fooled by its casual nature – standards of etiquette still apply, and that means a swift response.

"Hosts need answers to organise alcohol and food, so RSVP no later than two days after you receive an electronic invite," says Madame Bonbon. If you can't attend a friend's event, give a reason – "Even if it's just following up with a text to explain" – but never click "attending" if you're only 50/50. "You're better off declining the invitation than accepting and cancelling two hours before or not showing at all. You might stuff up the host's catering arrangements."

To avoid the ultimate faux pas – forgetting about the event because the invite landed in your inbox and not on your fridge – make a digital diary note. "Or print it out and stick it to your fridge!"

RSVP PLEASE

HOSTING A SHINDIG BUT NOT CONFIDENT IN YOUR FLAKY FACEBOOK FRIENDS? TRY ONE OF THESE DIGITAL ORGANISATION SERVICES INSTEAD PAPERLESS POST YOU can customise your

invitation then this site will send them out and manage the RSVPs. *paperlesspost.com* **SPLASH** Allows you to create a personalised website for your event, looks after your RSVPs and can link to location information and gift registries. *splashthat.com*

RED STAMP CARDS An app that helps you design invitations, announcements and thankyou cards, then sends them directly to your contacts.

Free on iTunes and Google Play



How to fix a cooking mishap

WITH CLAIRE BENSON, INTERNATIONAL COORDINATOR AND PROFESSIONAL COOKERY TEACHER, WILLIAM ANGLISS INSTITUTE

We've all been there: you're expecting guests at any moment, and you dip your finger into a slaved-over dish for a quick taste-test... and it's too sweet/salty/spicy. Here's how to bring a dish back from the brink of disaster before the doorbell rings.

TOO SWEET Steer clear from the temptation to add a teaspoon of salt, which could further ruin a dessert. Mix in a small amount of a tart mixture, like crème fraîche or yoghurt, or an acidic flavour like lemon juice or balsamic vinegar. Or you can leave the dish as is and serve with a citrus salad to cut through the sweetness – grapefruit and orange segments with a sprig of mint will do the trick.

TOO SALTY If you're making a sauce, soup or curry, add a raw potato and leave it to simmer in the liquid for five to 10 minutes to absorb the salt. Otherwise, try adding a cup or two of water or stock (not packet stocks, as they're already very salty) for balance.

TOO SPICY Depending on the dish, you can remedy spiciness in two ways: for Thai or Indian curries, neutralise the fire by adding a small amount of coconut milk, sour cream or yoghurt; for Mexican dishes, a dollop of creamy avocado can help dial down the heat.

HOME

How to build a wood fire

WITH ALAN MCGREEVY, GENERAL MANAGER, FIREWOOD ASSOCIATION OF AUSTRALIA

The cooler months call for cosy evenings by the fire, but getting one started isn't as simple as wood + matches. We break it down... **STEP 1** Lay down your kindling – either store-bought firelighters (available at any hardware store and most supermarkets), scrunched-up newspaper or dry wood cut into small, fine pieces. **STEP 2** Prepare some "starter wood" – smaller pieces no thicker than three or four centimetres thick (make sure your wood is extremely dry for maximum burning).

STEP 3 Using a lighter or a match, light the kindling and place your starter wood onto the flames in one of three formations (see panel, right). Keep adding wood one piece at a time, gradually increasing in size.

STEP 4 If you're using a fireplace with a door, once you've placed

your last piece of wood – which should roughly be the size of a loaf of bread – leave the door open for 15 minutes to let the fire ventilate.

STEP 5 After 15 minutes, the surface of the wood should be glowing red, which means it's time to close the fireplace door. Reopen when you need to top up, which should only be every hour or so.



C'MON BABY, LIGHT MY FIRE THE THREE BEST WAYS TO ARRANGE YOUR LOGS

TEEPEE METHOD

Stack the wood so the tops meet in the middle – like an Indian teepee.

LOG CABIN METHOD

Stack the wood in a grid-like, crisscross design, with the kindling placed in the centre.

TOP DOWN METHOD

Unlike other methods, this sees wood piled in a pyramid shape with the smallest pieces on top, followed by kindling.



ADMIN

How to file personal paperwork

WITH KRISTINA KARLSSON, FOUNDER AND CREATIVE DIRECTOR, KIKKI.K

A system for managing important personal papers can save hours of fretful searching for something you really need but stashed God knows where. Get organised with these tips.

TIP #1 Identify the areas of your life or work that are generating the most paperwork, and assign a lever arch binder to each category so you always know where to retrieve important documents.

TIP #2 Recycle any paperwork you don't need. Purge tip:

you don't need. Purge tip: if it's more than three years old, bin it (the exception is originals of documents, like proof-of-purchase paperwork for your car, and any taxreturn documents, which need to be kept for five years).

TIP #3 As paperwork comes in, store it in a "to action" folder. Once the necessary action has

been taken, file it straight away. This only takes a few seconds and will help avoid stressful monthly build-ups. TIP #4 Don't underestimate the power of colour coding as an organisation tool – your eyes will immediately associate red with "tax", for example, making for super-fast identification. Choose folders or labels that complement your space and show them off. \square



VIRGO

August 24 — September 23 Ready the selfie stick, Virgo. With the sun in your sign until the 24th, September is your time to shine (and show off a little, too). On the 14th, a solar eclipse in Virgo activates your independent nature. Get to work on a solo project — the pursuit could soon bring you fame. Eclipses are wake-up calls and this one could alert you to some long-overdue life changes. Don't waste time in regret; bold action will be rewarded. Ready to settle down? Grounded Saturn moves into your domestic zone on the 18th, helping you slowly fulfil your real-estate dream. Family obligations could get a bit heavy with Saturn around, so don't take on more than your fair share of the load. With Mercury retrograde from the 18th until October 10, it's also a good time to watch your spending. A relationship will hit a make-or-break moment with a second eclipse on the 28th. The heart wants what it wants, so if you're feeling it, dive in all the way.

♥@ASTROTWINS

From love affairs to life plans, look to the AstroTwins, Tali and Ophira Edut, for September's predictions

LIBRA

September 24 - October 23

This month is all about letting go of what no longer serves you. The goal? To lighten your load by the time the sun enters your sign on the 24th. Deal with the baggage - from cluttered closets to emotional entanglements. If you're hanging on against better judgement, a solar eclipse on the 14th could pry the unhealthy vice right out of your grip. Just. Let. Go.

The Festival Of Libra begins on the 24th, giving you incentive to be more daring - just look carefully before you leap... or tweet. A relationship will heat up exponentially thanks to a lunar eclipse on the 28th. You could very well put a ring on it or make your partnership exclusive. This eclipse may also bring in a plum business contract but with Mercury in retrograde from the 18th until October 10, wait until next month to sign on the dotted line.

SCORPIO

October 24 - November 22

Pop the Veuve! Staunch Saturn, which has been in Scorpio on and off since October 2012, leaves your sign for good on the 18th. Saturn was a tough teacher but you've grown by leaps and bounds. As the celestial taskmaster moves on to Sagittarius, your keyword becomes "monetise". How can you earn more cash from your brilliant schemes? Consult experts for guidance.

The stars are electrifying your tech-savvy 11th house this month, and you could give Florence a run for her machine. Whether you're learning your way around new software or developing an app, blog or YouTube channel, the online universe calls. It's also time to bury the hatchet. Mercury turns retrograde in your house of forgiveness from the 18th until October 10. If you can't make amends, take a few weeks to mourn the loss so you can truly move on.

SAGITTARIUS

November 23 - December 22

Your ambitious nature will be out in full force. With the sun in your prestige sector until the 24th, you could meet some heavy-hitters to help elevate your career game. The solar eclipse on the 14th could also bring a chance to rise through the ranks, or you could dream up a killer business idea. But don't think you'll be an overnight success; slow and steady wins the race as stable Saturn moves into Sagittarius from the 18th.

Rushing is a no-no in every area of life. One exception? On the 28th, a lunar eclipse in Aries may bring a major moment for love. You could fall head over heels for someone new, get engaged or become pregnant. Fame is also in the stars, so get ready for your close-up as September winds down.

CAPRICORN

December 23 – January 20 Shimmy into your fringed, suede skirt. Your bohemian side is activated this month, along with a case of wanderlust. Shake off the winter blues at a music festival or yoga retreat. A solar eclipse on the 14th will bring a long-distance opportunity. Carpe diem! You must act fast to make the most of it.

Saturn nestles into your 12th house of healing from the 18th. Dial down your super-ambitious nature and create space to nurture your creative side. Surprise! Your productivity will ramp up when you have some breathing room. In love, with Venus in your intimacy house, a sultry attraction may soon turn into a serious relationship.

AQUARIUS

January 21 - February 19

The focus is on love this month. On the 2nd, lovebirds Venus and Mars connect in your relationship house. Kiss and make up, or open yourself up to dating again. Even better, the solar eclipse on the 14th will energise your erotic

eighth house and help bring sexy back. You could meet a keeper mid-month: a caring soul who's an amazing lover.

You're ever the comedian, but a signal-jamming Mercury retrograde could bring some "open mouth, insert Manolo" moments from the 18th until October 10. Censor those one-liners or you'll hit below the belt. Serious Saturn moves into your collaboration zone for two years on the 18th. Start picking your dream team as joint ventures will pay off. Got an idea for an invention? With Saturn in your corner until 2017, you could make a pretty penny.

PISCES

February 20 – March 20
September's emoji is a smiley face with hearts in its eyes as the sun beams through the most couple-friendly zones of your chart. Don't believe in love at first sight? On the 14th, a solar eclipse speeds up your romantic timeline, turning you into a smitten kitten.
Coupled Pisces could even see a lover on bended knee or be inspired to elope. Keep jealousy in check while Mercury is retrograde from the 18th until October 10 – but if red flags start to pop up, do some investigating.

Masterful Saturn enters your career house on the 18th, helping you rise through the ranks. But there will be no cutting corners – you must work with integrity to truly cash in. On the 28th, a lunar eclipse in your money house may bring a pay-off for your hard work.

ARIES

March 21 - April 20

Lace up those sneakers, Aries. Spring training begins with the solar eclipse on the 14th. Word of a job opportunity could also come around the same time, so update your LinkedIn profile. Do you need extra training to get ahead? Saturn starts moving through your higher education zone on the 18th, so enrol in night school or work with a coach to refine your path.

Relationships may turn rocky when Mercury goes retrograde on the 18th. Deal with conflicts directly but gently. An ex could make a comeback, too, but don't rush to reconcile. You won't get a clear read until Mercury goes direct on October 10. On the 28th, a lunar eclipse brings a personal triumph. This is the day to shine your light – shameless self-promotion is a must.

TAURUS

April 21 – May 21

September's stars inspire you to play dress-up, so be a bit more outré in your style. Oh, the heads will turn! Romantically, the solar eclipse on the 14th ignites a passionate new chapter in your love life, with an unexpected development making your heart sing.

You work hard for your money, Bull, but is your money working hard for you? Stabiliser Saturn hunkers down in your investment zone for two years from the 18th. From business to friends, don't waste your time unless you're getting a good return for your efforts. The lunar eclipse on the 28th helps you let go of situations you've outgrown. Someone you thought was on your team could show another face. Put up a boundary, fast, or this could get ugly.

GEMINI

May 22 - June 21

Keep your friends close this month – nothing will make you happier than hanging out with your inner circle. As the zodiac's culture vulture, take charge of the plans. A supportive woman may also enter your life serendipitously with the solar eclipse on the 14th. Ready to move house? A hot new listing may appear mid-month.

Partnerships take on a serious tone as stabilising Saturn moves into your relationship house from the 18th, so follow that urge to merge. Is someone from your past standing in the way of your dynamic-duo dreams? Mercury turns retrograde in your romance house on the 18th, giving you three weeks to get closure on an ex or have deeper discussions with the person you want to share your happily-ever-after with. If your future goals simply can't align, move on – that blank space will soon be filled with someone who can go the distance with you.

CANCER

June 22 – July 23

You're a social butterfly in September, a fabulous month for finding kindred spirits and trying new activities – but your feelings will run hot and cold. You'll be happy/not happy, invested/ not invested... it will change by the moment until the 24th. Before you decide where to land, check out every option and be clear about your choice.

On the 18th, structure-junkie Saturn heads into your work and health zone, helping you whip your life into shape. Little efforts lead to epic results, so lather, rinse, repeat. A career triumph will arrive with the lunar eclipse on the 28th. You've worked hard for this, so don't be afraid to make a big deal of it.

LEO

July 24 – August 23

Cosmic couple Mars and Venus unite in Leo on the 2nd, starting the month on a sensual note. You'll attract many, but the right fit will be obvious after the 18th when Saturn lands in your love house. No racing to the altar just because your heart is racing. A slow-burning relationship is one that lasts.

At the office, keep putting one heel in front of the other. Your diligence and devotion will open doors for your career, especially near the solar eclipse on the 14th. At the end of the month, a travel opportunity may suddenly arise. But with Mercury retrograde from the 18th until October 10, it'll pay to plan carefully.



PHD-OLOGICAL WARFARE

DEAR E JEAN, A new co-worker with a PhD has recently appeared in our office, and the boss favours everything she does and every word she says. In meetings, he bows to the PhD's opinion. He always agrees with her perspective on projects and trashes our efforts, especially mine. He's obviously starstruck, but the PhD makes things worse by emphasising my errors in meetings. I don't know what to do. I used to love this job!

– Becoming A Grudge Holder

GOOD GOLLY, MISS GRUDGE Buck up! You've *got* this. Choose one:

The Emmeline Pankhurst: Be inspired by the women's rights activist and throw your support behind the PhD, helping execute her strategy in the coming months. When she replaces your boss (which she will, with your help), you'll rise with her.

The Emma Woodhouse: Become the boss' and PhD's go-between, whip up enthusiasm for their vision among the troops and make yourself indispensable to both.

The Catherine the Great: Capture the \$800,000-a-month account everyone in town has been pursuing, neutralise the PhD, castrate your boss and take over leadership of the division yourself.

The Zayn Malik: Interview at outside firms, receive many attractive offers and go in a spanking-new direction.

Good luck, Miss Grudge! Let us know what happens.

BANKRUPT BRIDESMAIDS

DEAR E JEAN, I'm a bridesmaid. I recently had to tell the bride I could not attend her hen's party at a foreign destination as well as her wedding (also, you guessed it, at a foreign destination). Even her kitchen tea isn't local. She picked the place for her hen's party and expects her bridesmaids to cover her portion of the trip. The plane tickets to these events alone are spreading all of us bridesmaids very thin — but I'm the only one who had the courage to tell the bride that while I would chip in for her



YOUR DILEMMAS RESOLVED

ask EJEAN

Tormented? Driven witless? Fear not, help is just a short letter away

flight, I personally couldn't afford to fly halfway around the world for her hen's.

She did not hide her disdain! She asked if I wanted to be relieved of my bridesmaid duties. Shocked, I replied that I would never miss her wedding! We haven't spoken since. I don't want to ruin her big day; should I step down, or go through with it?

– Unhappy Bridesmaid

DEAREST BRIDESMAID Let ELLE readers around the world pause and honour you. Let Hymen, the god of marriage, give you his blessing, and may you and your band of bridesmaids, as you hover near bankruptcy trying to fly yourselves and the bride's ego to Siberia (or wherever the hell she's demanding), find the chutzpah to tell the young lady that you love her, but the plans have changed and the hen's party is now going to be held in your backyard.

Bridesmaid, brace yourself! One beautiful shit storm is approaching. There will be howls. There will be shrieks. When she doesn't get her three – three! Lord! – trips to celebrate the happiest day of her life,

bridal teeth will gnash so badly she'll have to be fitted with a set of dentures just to walk down the aisle. Hold your ground. Keep smiling and repeating: "The hen's party will look better on Instagram this way. Destination parties are so out right now."

Anyway, the time a woman really needs to fly somewhere "halfway around the world" is 10 years after she's married and needs a break.

GOT NO APPETITE FOR AN AFTERNOON DELIGHT

DEAR E JEAN, I've been sneaking away for long "lunches" with a married man from my office. He tells me he loves me, I tell him I love him, and this has been going on for a year. Knowing I was doing wrong, and that he'd never leave his big-time breadwinning wife, I broke

it off and had a date with a wonderful new man. My married friend turned up the charm, I couldn't resist and we started all over again!

But recently I saw him talking to a new girl from PR, and yesterday they went out for "lunch" and never returned. I was so distraught that a guy in my circle of work friends tried to comfort me. He said he knew of my affair because the bastard would brag after each of our encounters to all the guys in the office. The asshole even showed them pictures of me that I'd sent him. I can't believe I was so stupid. I'm still crying over it all. I loathe him! I can't stand working here! I can't even look at his face anymore! But my salary is so generous, I don't think I could find another job that pays as well. Is there any other way to deal?

- Slut In A Rut

MISS RUT, MY DARLING Now, now. Dry those tears. Because no CEO in history has ever been able to stop people chasing one another, and as there are hundreds of offices for you to begin your next affair in, here are the rules: never talk about it; never send naked photos to a co-worker; and when flirting with a colleague who has a wife, you're allowed a nibble of the baloney,

but never "lunch" on the whole salami.

As for your career at this company? It's dead. Thanks to your friendly co-workers, everyone from president down to the woman who comes into the office twice a month to service the photocopier knows you've been shagging Mr Lunch-a-lot.

Your job now is to: a) stop thinking of your current salary as "generous" and start thinking of it as laughably paltry; b) get a new job that pays even more; and c) never, ever trust a married man who cheats.

handle this? I bought a little black dress that hugs my curves, and mv"Ithusband said,

makes your bum look great!" But all I could think about was my belly sticking out.

- Fair To Middling

MIDDLING, MY MARIGOLD Take a moment to soak up the sublime beauty of the "Venus Of Urbino" [above]. Are you soaking? Good. Just like in almost every artwork (mark you, Mrs Middling, almost every artwork) created

and go to your closet. Open it and yell: "A round belly is beautiful!" Take out a short jacket. Put it on. Leave it unbuttoned. See? We're not a total loss, are we, Mrs Middling? (I'm saying "we" because, as I mentioned before, when viewed from the side, I look like I'm wearing a Prius strapped to my hips. But as long as I have a short jacket hiding the pot, I look svelte. A woman, after all, must concede something to fashion.)

Indeed, the short jacket is what costume directors give pregnant actresses to wear when their pregnancy isn't in the storyline and the actress can't always be shot in close-up or sitting at a desk. The nipped jacket conceals pretty much all. Hooray!

PS: If you want proof that a sweet, round belly is sexy, Mark Twain called the "Venus Of Urbino" the "obscenest picture the world possesses" and said it was a "trifle too strong for any place but a public art gallery".

I'M HAPPY WITH MY LOYAL, KIND HUSBAND AND FATHER OF MY NEWBORN. BUT I CAN'T GET AN EX-BOYFRIEND OUT OF MY MIND. I STALK HIM ON FACEBOOK AND DREAM OF US GETTING TOGETHER WHEN WE'RE SUPER-OLD AND BOTH OF OUR SPOUSES HAVE PASSED AWAY, DO YOU CONSIDER THIS CHEATING?



OH, PLEASE. ALL WIVES DREAM OF OLD BOYFRIENDS. AND IF YOU DON'T KNOW THAT THE "LOYAL" DUDE BESIDE YOU IN BED IS DREAMING ABOUT HIS EX-GIRLFRIEND. THEN YOU'RE TOO UNIMAGINATIVE TO DESERVE THE FELLOW!

BELLY IS PHAT

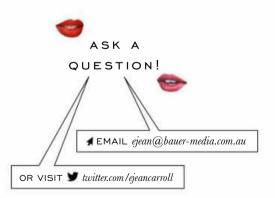
DEAR E JEAN, I'm a moderately pretty woman. As a rating out of 10, I'd put myself at about a six. Or a six and a half. Objectively: I'm satisfied with my body, eat well, exercise faithfully (if not intensely) and I'm happy with my weight. Subjectively: when I look in the mirror, all I see is my belly. It makes me feel really unattractive! Even worse, it's starting to affect my sex life. I've been happily married for eight years to a man who's intelligent, funny and nerdy in all the right ways. But two children - one by caesarean - have taken their toll on my body, and who has time to work on their abs for one hour a day?

I can't diet the belly out of existence because it makes me headachy and miserable. How do

between 40,000BC and 1900 depicting a naked woman, we see a damsel with a magnificent, erotic belly.

When I first saw Titian's lady, tears sprang to my eyes. Not because she was so beautiful, but because her stomach looked like my stomach. I was like a blind woman who'd been given sight. So, yep, for centuries bellies have been the fashion. Now, abs are the fashion. But let's not bore each other complaining. You want your tummy flat. Why? Because you're running after some impossible level of perfection that happens to be in style? Fie! Fie!

I want you to get up off the floor now. I want you to cease the sit-ups



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EDITION

GOTH GIRL



ELLE style editor Dee Jenner sheds light on the season's accessories





BOLD EARRINGS The bigger the better. Add to your pants suit

SLIM BELTS Opt for skinny and knot it, rather than buckling.



and you're good to go.



NECK SCARVES Perfect with a crisp shirt for the evening.

MAXI GLOVES

Keep hemlines short and wear with a fun attitude.

TRENDING TONES

Using our handy colour palette, inject these shades into your life for instant AW15-16 cred. Swatch and shop







dresses at Prada

TEAL MARSALA Suits and shift Mohair jackets at Alberta Ferretti.

ICED BERRY Long coats at Marni.





PUMPKIN Block-colour accents at Céline.

Bag, \$4,395, Burberry

Prorsum, (02) 8296 8588

VIOLET In mod prints at Jonathan Saunders.



SEE/COPY/PASTE

The street-style stars we're looking to for instant gratification



NDELA NOVEMBRE With a style that hits all the romantic-meets-graphic trend gongs, not to mention a way with vintage that echoes Gucci's too-cool

jumble-sale chic, this Argentinian model has her wardrobe game on lock. As if that's not enough, we beg you to google her eccentric Milan home (designed by her husband, architect Fabio Novembre, no less). Envy 360.

ELEONORA CARISI Spotting this long-legged, Cindy Crawford-esque blogger (joujouvilleroy.com) on the street is like watching an Afghan hound show: graceful, mesmerising and a major hair moment that'll have you reconsidering your conditioner. We're looking to her this season because she's rocking



PERNILLE TEISBAEK Lacking inspiration when it comes to rocking volume, texture and structure? Take notes out of this Danish blogger

(lookdepernille.theyouway.com) and stylist's

book: wear them all. Be it Acne culottes with a structured jacket or balancing out a bell-sleeved shirt with a utilitarian belt and skivvy, Teisbaek's simple styling tricks are there for the borrowing.

that '70s vibe, like Bianca Jagger's second coming.

SOFIA SANCHEZ BARRENECHEA

Living with bipolar seasons? (Also known as daily life in Melbourne.) Add this art director and fashion consultant to your muse mood



board - your go-to for trans-seasonal high-low dressing. Biker boots with lace, a cashmere crop top with high-waisted 501s... she just gets it right. There's something in the water in Argentina.



START SAVING

"Boys Wanna Be Her" by Peaches - DKNY "Pretty Boy" by The Felines Saint Laurent "Don't You Want Me" by The Human League - Valentino

"Hot On The Heels Of Love" by Throbbing Gristle - Christian Dior

ADD TO

PLAYLIST

The hottest songs from the

autumn/winter 15-16 runways

"Lemonade" by Sophie

- Jeremy Scott

"Genesis" by Grimes – Louis Vuitton

"Love Missile F1-11" by Sigue Sigue Sputnik - Miu Miu



Bag, \$3,001,

Chloé, chloe.com



Bag, \$56,000, Louis Vuitton, 1300 883 880



Bag, \$2,385, Gucci, 1300 442 878



